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The Deeper Dimension of Yoga: Theory and Practice

Georg Feuerstein

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The Deeper Dimension of Yoga: Theory and Practice Georg Feuerstein
Here is a comprehensive survey of the full breadth and depth of the 5,000-year-old Yoga tradition, emphasizing its potent philosophy and spiritual vision. Georg Feuerstein demonstrates that Yoga is much more than a system of physical exercises—it is a profound path of self-transformation that encompasses a range of teachings, practices, and sacred texts that can help us cultivate wisdom, balance, and inner freedom, as well as physical health.

Feuerstein is one of the few Western scholar-teachers of Yoga whose writing and teaching penetrate the full richness and depth of this ancient tradition. Here he offers a collection of essays touching on all facets of the discipline.

Topics include:

- The different branches and styles of Yoga
- The ethical teachings of Yoga
- Yoga and vegetarianism
- Meditation and mantras
- Choosing a teacher
- Tantric Yoga
- The experience of ecstasy

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