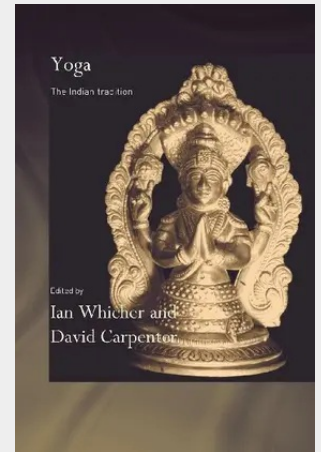


Yoga

The Indian Tradition

The popular perception of yoga in the West remains for the most part that of a physical fitness program, largely divorced from its historical and spiritual roots. The essays collected here provide a sense of the historical emergence of the classical system presented by Patañjali, a careful examination of the key elements, overall character and contemporary relevance of that system (as found in the Yoga Sutra) and a glimpse of some of the tradition's many important ramifications in later Indian religious history.

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