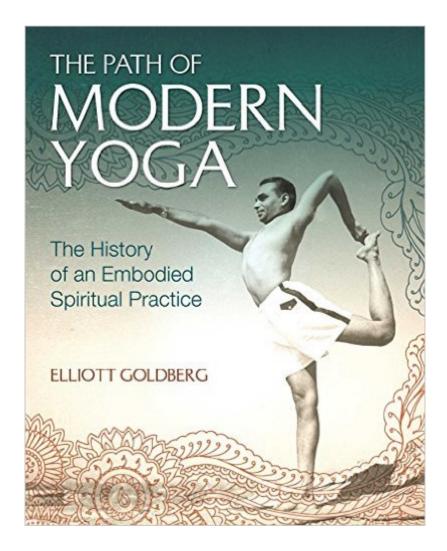
The book was found

The Path Of Modern Yoga: The History Of An Embodied Spiritual Practice





Synopsis

A history of yogaâ [™]s transformation from sacred discipline to exercise program to embodied spiritual practice â ¢ Identifies the origin of exercise yoga as Indiaâ ™s response to the mania for exercise sweeping the West in the early 20th century â ¢ Examines yogaâ ™s transformations through the lives and accomplishments of 11 key figures, including Sri Yogendra, K. V. Iyer, Louise Morgan, Krishnamacharya, Swami Sivananda, Indra Devi, and B. K. S. Iyengar â ¢ Draws on more than 10 years of research from rare primary sources and includes 99 illustrations In The Path of Modern Yoga, Elliott Goldberg shows how yoga was transformed from a sacred practice into a health and fitness regime for middle-class Indians in the early 20th century and then gradually transformed over the course of the 20th century into an embodied spiritual practice--a yoga for our times. Drawing on more than 10 years of research from rare primary sources as well as recent scholarship, Goldberg tells the sweeping story of modern yoga through the remarkable lives and accomplishments of 11 key figures: six Indian yogis (Sri Yogendra, Swami Kuvalayananda, S. Sundaram, T. Krishnamacharya, Swami Sivananda, and B. K. S. Iyengar), an Indian bodybuilder (K. V. Iyer), a rajah (Bhavanarao Pant Pratinidhi), an American-born journalist (Louise Morgan), an Indian diplomat (Apa Pant), and a Russian-born yogi trained in India (Indra Devi). The author places their achievements within the context of such Western trends as the physical culture movement, the commodification of exercise, militant nationalism, jazz age popular entertainment, the quest for youth and beauty, and 19th-century New Age religion. In chronicling how the transformation of yoga from sacred discipline to exercise program allowed for the creation of an embodied spiritual practice, Goldberg presents an original, authoritative, provocative, and illuminating interpretation of the history of modern yoga.

Book Information

Hardcover: 512 pages Publisher: Inner Traditions; 1 edition (August 1, 2016) Language: English ISBN-10: 1620555670 ISBN-13: 978-1620555675 Product Dimensions: 8 x 1.2 x 10 inches Shipping Weight: 2.9 pounds (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars Â See all reviews (2 customer reviews) Best Sellers Rank: #213,154 in Books (See Top 100 in Books) #178 in Books > History > Asia > India #532 in Books > Religion & Spirituality > New Age & Spirituality > Mysticism #705 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

A scholarly, insightful, witty and sociologically sophisticated treatise on the modern yoga movement in India and the West. Engaging even for non Yogins like myself. A delightful surprise.

It is not a pot boiler but for those who really want to know how the yoga we practice today came to be it is essential reading.

Download to continue reading ...

The Path of Modern Yoga: The History of an Embodied Spiritual Practice YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) The Enlightenment Process: A Guide to Embodied Spiritual Awakening (Revised and Expanded) The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga Austen's Unbecoming Conjunctions: Subversive Laughter, Embodied History Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Neurobiology and Treatment of Traumatic Dissociation: Towards an Embodied Self Exceptional Violence: Embodied Citizenship in Transnational Jamaica The Embodied Mind: Cognitive Science and Human Experience History: Human History in 50 Events: From Ancient Civilizations to Modern Times (World History, History Books, People History) (History in 50 Events Series Book 1) History: British History in 50 Events: From First Immigration to Modern Empire (English History, History) Books, British History Textbook) (History in 50 Events Series Book 11) The Yoga of Spiritual Devotion: A Modern Translation of the Narada Bhakti Sutras Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness and

Meditation Techniques for Spiritual Growth

<u>Dmca</u>