

Yoga Classics

vol. 1



Two Classic Texts Featuring
Swami Mukerji Yogi of the South India Order
and
Annie Besant

Edited by Jim Larsen

Yoga Classics Vol Texts Inspire

**Susanne Scholz, Caroline Vander
Stichele**



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Philosophic Classics: Asian Philosophy, Volume VI Forrest Baird, 2017-10-03 Accessible to today's readers this anthology of readings is a survey of Asian thought in India and China. It strikes a balance between major and minor figures and features the best available translations of texts, complete works or complete sections of works which are both central to each thinker or school and are widely accepted to be part of the emerging Asian canon. Introductions to each historical period and to each thinker, photographs, and a timeline help to keep learners focused throughout. For individuals interested in learning about World Religions, Asian thought, or Chinese and Indian philosophy.

Yoga Classics Vol. 1 Jim Larsen, 2015-11-27 Yoga Classics Vol. 1 has been published to inspire your meditations and your yoga practice. Included in this volume are *The Doctrine and Practice of Yoga* by Swami Mukerji, Yogi of the South India Order, and *An Introduction to Yoga* by Annie Besant. Your life is your own. You have only yourself to thank for what you are, have been, and will be. Take your present into your own hand. Consciously shape out of it your future. Direct your forces along lines of study and endeavour that have the strongest attraction for you. Such attraction is the indication of need. It is the hand pointing out your Life purpose.

Swami Mukerji *Teaching Yoga Beyond the Poses, Volume 2* Sage Rountree, Alexandra DeSiato, 2025-03-18 Volume 2 of the bestselling guide for yoga teachers design fresh confident and dynamic classes your students will love. 54 inspired new themes, a full year of templates to engage, retain, and connect with your students. This companion volume with all new material offers 54 ready-made ideas and templates to elevate your classes, refine your voice, and teach inspired themes with joy and confidence. Each chapter like *Rise to Joy*, *Less is More*, and *Rebel Yogi* introduces a series of updated themes. Authors Sage Rountree and Alexandra DeSiato offer practical upgrades to the bestselling first volume of *Teaching Yoga Beyond the Poses* with new prompts, expanded notes, and thoughtful cues to help you connect with students and center their experiences in class. Each template offers useful guidance on expounding on your theme and connecting it to both personal and universal experiences. Chants, quotes, mantras, poems, or songs. Specific practices that work with your theme. Distilling your theme to a short sentence or intention for your class. Takeaway ideas and helpful notes. Any of the 54 class themes can be used as is or molded to embody your own personal teaching style and authentic voice. Each includes insightful options for opening your class, suggestions for what to say during movements and pauses, and helpful ideas for closing out strong. Grounded in the knowledge that yoga philosophy is applicable to our daily lives and its wisdom is for all of us, this book offers adaptable and easy-to-use ways to transform your classes, empower your students, and build richer, more meaningful connections by teaching beyond the poses and into the world.

Yoga Daren Callahan, 2015-01-28 Millions of people practice some form of yoga, but they often do so without a clear understanding of its history, traditions, and purposes. This comprehensive bibliography, designed to assist researchers, practitioners, and general readers in navigating the extensive yoga literature, lists and comments upon English language yoga texts published since 1981. It includes entries for more than 2,400 scholarly as well as

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Contemporary Yoga and Sacred Texts Susanne Scholz,Caroline Vander Stichele,2024-09-10 This book explores the textual traditions that authorize the history legitimacy and authenticity of today s physical posture practice The volume focuses on why and how yoga communities have adopted various texts that they consider sacred or spiritually meaningful Among the texts discussed are Yogananda s Autobiography Sri Aurobindo s Savitri Patanjali s Yoga Sutra the Bhagavad Gita the Hatha Yoga Pradipika the Upanishads the Vedas and the Yogin Tantra Famous thinkers included are Aurobindo Yogananda Osho Rajneesh Sogyal Rimpoche Charles Johnston and Howard Thurman Offering a starting point the ten chapters address the nature selection and function of various ancient and contemporary texts read in contemporary yoga settings The attention centers on how and why texts are read and for whom they are read As yoga is practiced in ashrams yoga studios gyms meeting rooms and even private living rooms scholarly approaches to investigate the connections between yoga and texts are necessarily diverse This volume aims to inspire further scholarship on the reading of texts in past and present yoga communities The collection demonstrates that textual traditions deserve to be an important part of contemporary yoga scholarship The volume will therefore be of great interest to scholars of religious studies yoga studies and Asian studies as well as those studying sacred texts

Yoga Koor T. Behanan,2012-06-26 Clearly explains and evaluates fundamental concepts of Hindu thought development of Hindu religious philosophy detailed descriptions of the psychology and psychoanalysis of yoga its postures and varieties of breathing much more

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Zeitschrift für Indologie und Südasiastudien Hans Harder,Ute Hüsken,2023-03-02 Inhalt Arian Hopf Muhammad Hasan Askari Mulla Turned Modernist or Saviour of Tradition Agi Wittich Harnessing Authenticity in Iyengar Yoga Legitimizing and Romanticizing Women Oriented Yoga through Sanskrit

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