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The Matrix of Yoga: Teachings, Principles and Questions

By PhD Georg Feuerstein, Brenda Feuerstein

Hohm Press, U.S., United States, 2013. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. This book offers novice Yoga practitioners a solid foundation on which to begin or build their personal practice. Written by two highly-respected Yoga teachers and scholars in the West-Georg Feuerstein and his wife Brenda Feuerstein-the book will also augment Yoga teacher trainings, and provide current Yoga teachers with an invaluable text to use with or recommend to their new students. Yoga stands for spiritual discipline, as it was developed in India over thousands of years. This is the focus and purpose of The Matrix of Yoga: to provide as simple an introduction to the authentic teachings of Yoga as possible. While Yoga traditionally included physical postures, this was just one aspect of practice. Mental discipline was counted as far more important. Above all, Yoga was wrapped into an overall spiritual framework. Every single discipline had the purpose of helping the practitioner to grow toward inner (or spiritual) freedom. This reader-friendly handbook is divided into two sections. In Part 1 the authors establish the substructure of Yoga, with short essays that cover basic principles: the meaning of Yoga, the practice, the types,...


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