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'Yoga is to be known through yoga. Yoga arises from yoga. One who is vigilant by means of yoga delights in yoga for a long time'Yoga is hugely popular around the world today, yet until now little has been known of its roots. This book collects, for the first time, core teachings of yoga in their original form, translated and edited by two of the world's foremost scholars of the subject. It includes a wide range of texts from different schools of yoga, languages and eras: among others, key passages from the early Upanisads and the Mahabharata, and from the Tantric, Buddhist and Jaina traditions, with many pieces in scholarly translation for the first time. Covering yoga's varying definitions across systems, models of the esoteric and physical bodies, and its most important practices, such as posture, breath control, sensory withdrawal and meditation, Roots of Yoga is a unique and essential source of knowledge. Translated and edited with an introduction by James Mallinson and Mark Singleton

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on the history of yoga funded by the european research council. Despite yoga s huge global popularity relatively little of its roots is known among practitioners this pendium includes a wide range of texts from different schools of yoga languages and eras among others key passages from the early upanisads and the mahabharata and from the tantric buddhist and jaina traditions with many pieces in scholarly translation for the first time. Nyc books through bars is a nonprofit collective that sends free books to incarcerated people across the country over the past 20 years they have sent more than 50 000 packages of books to individuals in state and federal prisons books

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Biography mark singleton s research interests lie in the intersection of tradition and modernity in yoga he was a research assistant at the dharam hinduja institute of indic research university of cambridge in 2002 3 and went on to complete a ph d at cambridge s faculty of divinity on the modern history of yoga. Series penguin classics paperback 592 pages publisher penguin classics 2017 edition april 11 2017 language english isbn 10 9780241253045 isbn 13 978 0241253045 asin 0241253047 product dimensions 7 7 x 5 x 1 1 inches shipping weight 14

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