



# Teachings of Yoga

*Georg Feuerstein*

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An introductory anthology to the wide range of knowledge and wisdom of the Yoga tradition edited, with many new translations, by the leading writer on Yoga today. Millions of Americans have taken up the practice of yoga as a way of reducing stress, increasing flexibility, and improving overall health. But Yoga is more than a physical discipline it is a four-thousand-year-old tradition with a rich philosophical and spiritual heritage. The readings in this book offer an inspirational introduction to this vast treasury of literature. Presented here is a wide range of the most accessible writings, including: Teachings on the path of liberation from the ancient Hindu *Upanishads* Devotional love songs in praise of Krishna by the celebrated poet Mirabai (1498–1550) Insights on the attainment of joy from the great Sanskrit epic *Mahabharata* Inspiring sayings and teachings from contemporary masters like Gandhi, Swami Vivekananda, and Gopi Krishna Notes for each selection are provided, as well as an annotated reading list to guide readers in their further study of the Yoga tradition.

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