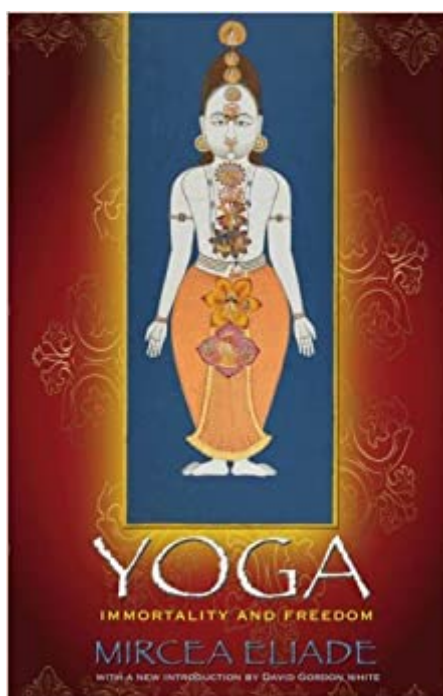


The book was found

Yoga: Immortality And Freedom (Mythos: The Princeton/Bollingen Series In World Mythology)



Synopsis

In this landmark book, first published in English in 1958, renowned scholar of religion Mircea Eliade lays the groundwork for a Western understanding of Yoga. Drawing on years of study and experience in India, Eliade provides a comprehensive survey of Yoga in theory and practice from its earliest antecedents in the Vedas through the twentieth century. A new introduction by David Gordon White provides invaluable insight into Eliade's life and work, highlighting the key moments in Eliade's academic and spiritual education, as well as the personal experiences that shaped his worldview. Yoga is not only one of Eliade's most important books, it is also his most personal--the only one to analyze a religious tradition that he had truly lived.

Book Information

Series: Mythos: The Princeton/Bollingen Series in World Mythology

Paperback: 576 pages

Publisher: Princeton University Press; With a New introduction by David Gordon White edition (July 26, 2009)

Language: English

ISBN-10: 0691142033

ISBN-13: 978-0691142036

Product Dimensions: 5.4 x 1.4 x 8.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 29 customer reviews

Best Sellers Rank: #214,443 in Books (See Top 100 in Books) #75 in [Books > Politics & Social Sciences > Philosophy > Eastern > Indian](#) #500 in [Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts](#) #626 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Customer Reviews

Praise for Princeton's previous editions: "[Yoga: Immortality and Freedom] states with clarity and precision what the beliefs and practices of yoga are, and how they originated from the primeval Indic religions."--New Yorker
Praise for Princeton's previous editions: "[M]any of the scholars who have laboured to translate or interpret the Eastern scriptures have been handicapped by their own prejudices and preconceptions. . . . Eliade is emphatically not one of them."--Times Literary Supplement
Praise for Princeton's previous editions: "[T]he best single book on yoga. . . . As a young man, [Eliade] lived for years in India practising authentic yoga and experienced all its

phenomena, but he was in addition a master of all the relevant texts in the original Sanskrit, and his book is unrivalled for its scholarship."--Robert Temple, Spectator
Praise for Princeton's previous editions: "There has rarely been a book in English which treats the mental discipline of Yoga in such exhaustive detail. . . . [A] work that is likely to remain standard for many years to come."--Herbert Cahoon, Library Journal
"This is . . . a book that will . . . whet the appetite of your intellect. It also offers the reader so much more insight into the tenets of yoga than the multitude of self-help books on meditation and how-to-do-yoga will ever give. In Yoga: Immortality and Freedom, Eliade analyzes in detail a religion and tradition that for years was his lifestyle. Get ready for some massive reading."--Minna Forsell, Metapsychology Online Reviews

Mircea Eliade (1907-1986), a native of Romania, was for many years the Sewell L. Avery Distinguished Service Professor of the History of Religion at the University of Chicago. His many books include *The Myth of the Eternal Return*, *The Sacred and the Profane*, and *Shamanism* (all Princeton).

Wow. If you want to get a grand total understanding of not only Yoga but also of Tantra and how it fits into the grand scheme of many of India's innumerable great teachings then this book is for you. It is absolutely phenomenal and on par with Vashista's Yoga in terms of its profundity. Although Vasistha's Yoga is an actual scripture for teaching, this text is more of a scholarly epic detailing the "inside scoop" on a lot of what makes Yoga and Tantra so life changing. Not a lighthearted book for the typical Westerner looking for insight on Asana's or even a typical guru worship treatise expounding on what makes "my guru" so great. This cuts straight to the heart of what Yoga has always and will always be about; mystical union. Bring a dictionary. I know I needed one lol.

A classic text by a classic scholar. Mircea Eliade writes a scholarly work on the history, origins and practices of yoga. He references the Upanishads and other Sanskrit original works, but also scholars of his time who wrote about yoga. It's a good book for practitioners interested in deepening their knowledge about the ancient ways of yoga, but is best suited for people who are comfortable with foreign words, Sanskrit concepts and/or are adept at reading scholarly writing. This book will not be helpful to beginners and is certainly not as accessible as a pick it up and read it at the doctor's office kind of magazine article, nor is it a manual with instructions on asanas and breathing. It is a good read, perhaps even a must read for practitioners with a few years of yoga practice who want to go deeper in exploring the historical origins, beliefs and variations of yoga. It's quite dense and

assumes the reader has familiarity with Sanskrit and Hinduism and other Indian philosophical traditions.

This is a fantastic and comprehensive read. I can't recommend enough to read this book. Should be required reading in any yoga teacher training program that seek to an authentic grounding in traditional yoga.

This is the best book I have ever read on the philosophy and influence on Indian culture of Yoga. Nothing else comes near. Eliade is masterful.

Classic. Great.

An excellent documentary of all yoga aspects and philosophies, beyond the physical exercises we customarily associate yoga with. This book expands the reader's horizons, understanding of different yoga methods, goals, specialties, concentrations. "Must Read" is an understatement.

it is serious, academic, and authoritative -- but otherwise not for most practitioners. the history of significant texts is laid out with understanding of the thought.

If you are looking for a approach to the yoga from the understanding why this discipline impacts so deeply in the lives whom practices it, this is the book that do you need. It is writing so carefully and meticulously that is easy to read and it is an excellent map to the occidental yogi 's world.

[Download to continue reading...](#)

Yoga: Immortality and Freedom (Mythos: The Princeton/Bollingen Series in World Mythology) Zen and Japanese Culture (Mythos: The Princeton/Bollingen Series in World Mythology) Egyptian Mythology: A Concise Guide to the Ancient Gods and Beliefs of Egyptian Mythology (Greek Mythology - Norse Mythology - Egyptian Mythology Book 3) Norse Mythology: The Heroes, Gods, Sagas, Beliefs, and Rituals of Nordic Mythology (Norse Mythology, Greek Mythology, Egyptian Mythology, Myth, Legend) Greek Mythology: A Concise Guide to Ancient Gods, Heroes, Beliefs and Myths of Greek Mythology (Greek Mythology - Norse Mythology - Egyptian Mythology Book 1) The I Ching, or, Book of Changes (Bollingen Series XIX) (Bollingen Series (General)) Mythology: A Captivating Guide to Greek Mythology, Egyptian Mythology, and Norse Mythology Mythology: A Fascinating Guide to Understanding Greek Mythology, Norse Mythology, and Egyptian Mythology

Egyptian Mythology: Captivating Stories of the Gods, Goddesses, Monsters and Mortals (Norse Mythology - Egyptian Mythology - Greek Mythology Book 2) Norse Mythology: Captivating Stories of the Gods, Sagas and Heroes (Norse Mythology - Egyptian Mythology - Greek Mythology Book 1) Norse Mythology: A Fascinating Guide to Understanding the Sagas, Gods, Heroes, and Beliefs of the Vikings (Greek Mythology - Norse Mythology - Egyptian Mythology Book 2) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Viking: Viking Mythology: Ancient Myths, Gods and Warriors (Norse Mythology, Greek Mythology, Ancient Civilizations, Greek Gods, Ancient Rome, Viking Myths) GREEK MYTHOLOGY: Greek Gods Of Ancient Greece And Other Greek Myths - Discovering Greek History & Mythology - 3rd Edition - With Pics (Greece, Greek, Egyptian ... Greek History, Mythology, Myths Book 1) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)