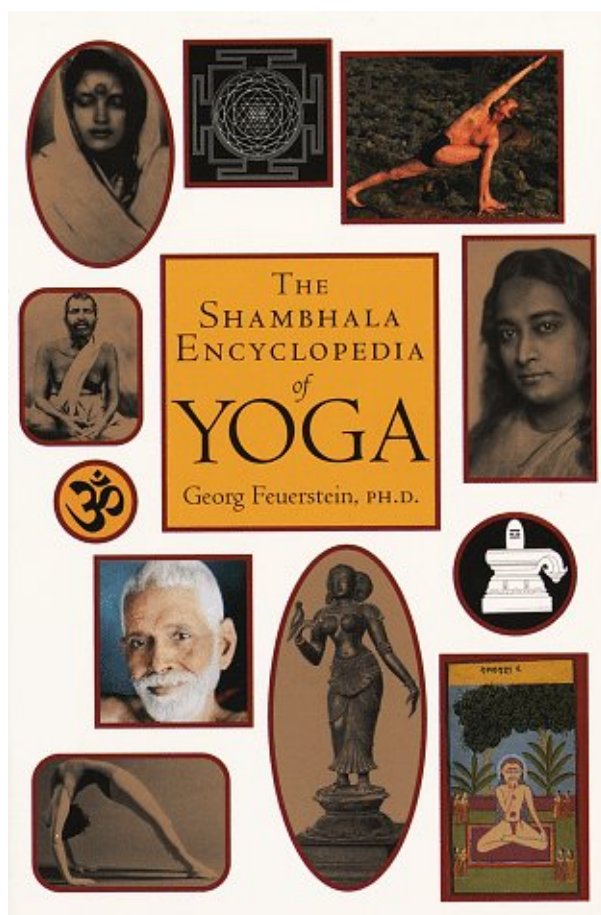
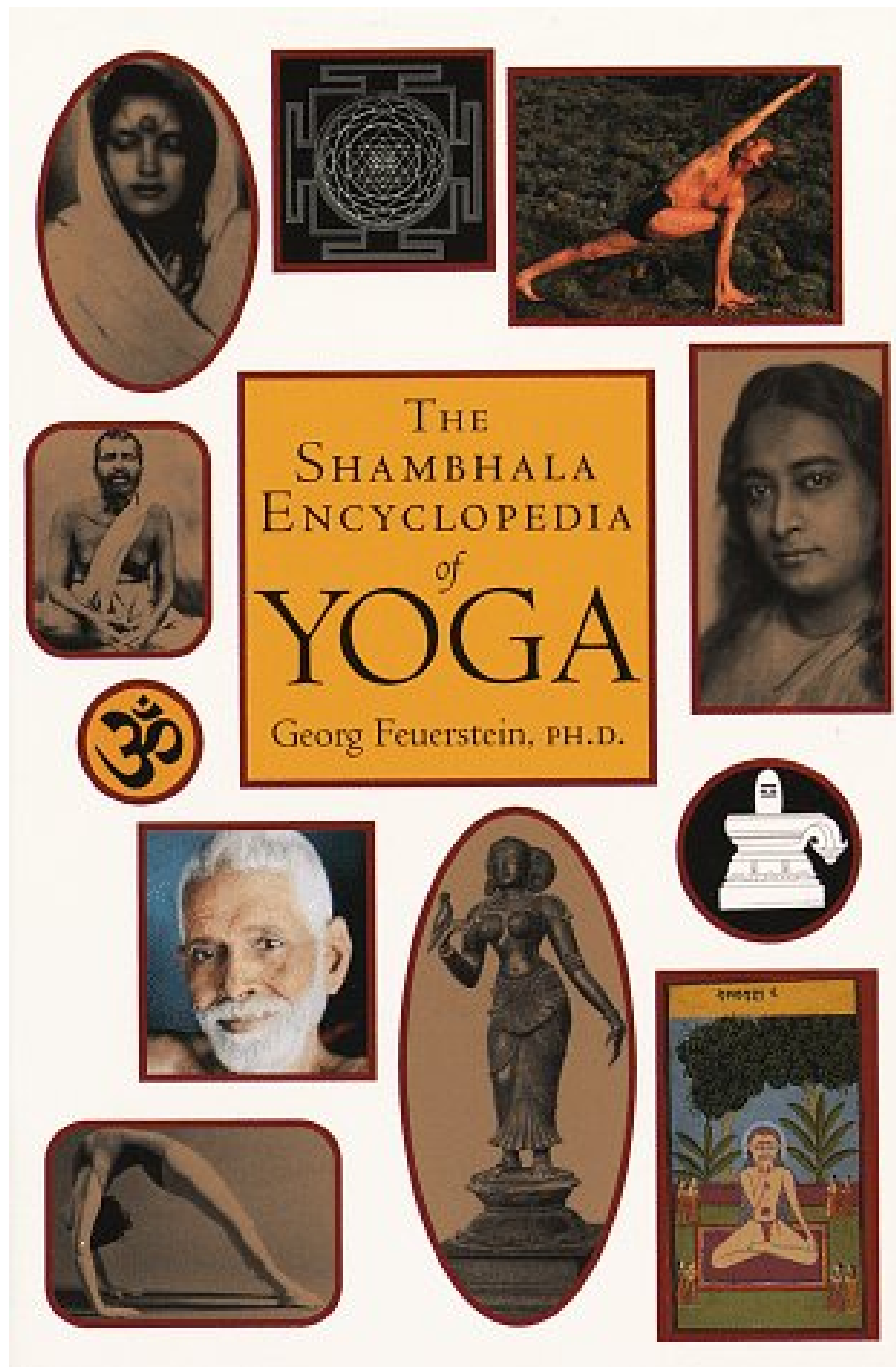


SHAMBHALA ENCYCLOPEDIA OF YOGA BY GEORG FEUERSTEIN



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Amazon.com Review

Any student of Yoga will want to know more about not only the practices of Yoga but also its history and spirituality. One of the best places to turn is to Georg Feuerstein's acclaimed Shambhala Encyclopedia of Yoga. With more than 100 illustrations (such as the many asana postures and chakra centers) and entries on everything from the Bhagavad Gita to Swami Vivekananda and from the Aryan invasion theory to biofeedback, you can't go wrong. Extensive cross-references also facilitate searches for both English and Sanskrit versions of terms. The Shambhala Encyclopedia is a complete yet concise guide to the galaxy of Yoga.

Review

Yoga, a rich and a complex spiritual tradition of India at least 5,000 years ago, has become very popular in the West during the last 25 years. Many books have been written on Yoga, but Feuerstein's is perhaps the best ever published. It is the revised edition of Feuerstein's award-winning Encyclopedic Dictionary of Yoga. It has more than 2,000 entries, arranged alphabetically, each carefully defined with many cross-references. All entries include key words in English with reference to their Sanskrit equivalents. Compound words have been separated into their individual stems. A special feature is an excellent introduction to the history, development, and continuous practice of Yoga. Other features include a chapter on the pronunciation of Sanskrit words and numerous illustrations that will help readers understand the meanings of many words and asanas (exercises). This excellent addition to the literature will be useful for scholars, historians, and general readers. Recommended for all libraries interested in developing collections on India and Hinduism. – R.N. Sharma, Choice, November 1997

From the Inside Flap

Here is an authentic portrayal of a rich and complex spiritual tradition of India. The over two thousand entries cover Yoga's history, its many approaches, schools, teachers, scriptures, as well as its technical terminology. The book is arranged and written in a manner that will inform rather than overwhelm the lay reader, while at the same time offering valuable references for the professional researcher and the historian of religion.

The Shambhala Encyclopedia of Yoga offers the following features:

Each entry has cross-references providing pertinent conceptual links.

Entries are in English alphabetical order, unlike comparable reference works that follow Sanskrit alphabetical order, which is difficult for the lay reader to follow.

Oriental entries provide an overview of central aspects of the Yoga tradition, such as history, psychology, and major branches.

Many entries cite or even quote original sources, shedding light on how a given term is used by traditional Yoga authorities.

From the Trade Paperback edition.

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This comprehensive desktop encyclopedia gives an authentic portrayal of a rich and highly complex spiritual tradition of India, with its history, its many approaches, schools, and teachers, its scriptures, and its technical terminology. The book is arranged and written so that, in spite of the wealth of detail provided, it will inform rather than overwhelm the lay reader, while at the same time offering valuable references for the professional researcher and historian of religion. Among its unique features:

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From the Trade Paperback edition.

Most helpful customer reviews

1 of 1 people found the following review helpful.

Every yogi needs this as a reference

By K. Heaney

As I began my yoga teacher training, I felt like I was learning another language. Many of the words are completely foreign. Having this text book handy has been a godsend.

6 of 33 people found the following review helpful.

Yoga History

By Amazon Customer

This book is primarily concerned with the history of yoga and source texts, with very little attention paid to the practice of yoga. Of the hundreds of yogasanas, only a handful are covered (possibly as few as twenty) and there is zero coverage of yoga as it has evolved in the West over the past 40 years and no mention of Iyengar or Bikram. If you are a practitioner of yoga then you will find little of practical value in this book. If you are an armchair yogi with an interest in history, you will find what you want here.

4 of 4 people found the following review helpful.

YOGA MEANS TO YOKE! Its not all about asana!

By Gauri-Pahari Das

Yoga is about so much more than excersize. To the man down there with his sad review, Yoga means to YOKE to be in union with GOD. The asanas were brought to the West and now it is just an exercise routine to you and millions of others. Asana means simple this - SEAT. Seat to meditate with God. How dare you call people who may not do 500 asana a day "armchair yogis". That is highly offensive! I suggest you do your research SIR before you go babbling bad reviews, as this author is one of the most sought after yoga and related topics authors! Yoga is about much more than Patanjali's methods of stretching to prepare yogis for meditation. Which apparently you dont do, its obvious.. so you will NEVER recieve the true benefits. Youre just going thru the motions if you are only doing asana for exercise or you think its cool. You will not gain anything but a nicer looking body. And if thats all youre looking for I suggest you go to your local gym and do pilates or lift some weights. Or perhaps you may find a Guru who will teach you the tru meaning of Yoga, which I hope you do. Learn some humility!

--Chizzle's wife

Shishya Gauri-Pahari Sitaya Das

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