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## **Renew Your Life Through Yoga**

**Pasquale De Marco** 

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20th century Examines yoga s transformations through the lives and accomplishments of 11 key figures including Sri Yogendra K V Iyer Louise Morgan Krishnamacharya Swami Sivananda Indra Devi and B K S Iyengar Draws on more than 10 years of research from rare primary sources and includes 99 illustrations In The Path of Modern Yoga Elliott Goldberg shows how yoga was transformed from a sacred practice into a health and fitness regime for middle class Indians in the early 20th century and then gradually transformed over the course of the 20th century into an embodied spiritual practice a yoga for our times Drawing on more than 10 years of research from rare primary sources as well as recent scholarship Goldberg tells the sweeping story of modern yoga through the remarkable lives and accomplishments of 11 key figures six Indian yogis Sri Yogendra Swami Kuvalayananda S Sundaram T Krishnamacharya Swami Sivananda and B K S Iyengar an Indian bodybuilder KV Iyer a rajah Bhavanarao Pant Pratinidhi an American born journalist Louise Morgan an Indian diplomat Apa Pant and a Russian born yogi trained in India Indra Devi The author places their achievements within the context of such Western trends as the physical culture movement the commodification of exercise militant nationalism jazz age popular entertainment the quest for youth and beauty and 19th century New Age religion In chronicling how the transformation of yoga from sacred discipline to exercise program allowed for the creation of an embodied spiritual practice Goldberg presents an original authoritative provocative and illuminating interpretation of the history of modern yoga Original Yoga Richard Rosen, 2012-05-01 Widely respected yoga teacher and author Richard Rosen draws on ancient yoga encyclopedias to explain how yoga was practiced before it became popular in the West He compares the three main existing sources known to yoga scholars to describe how complex and rich the practice of yoga once was It included systematic teachings on personal hygiene good health and good relationships and other practices of yoga that went far beyond just the physical postures Each section of the book offers a guided practice session of ancient poses and breathing techniques to enable readers to connect to the roots of their yoga and to offer a framework from which to understand the sequences they use in their regular sessions

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