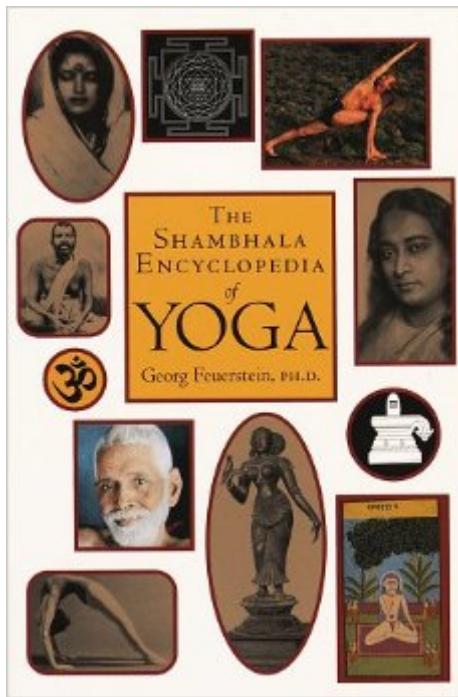


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# Shambhala Encyclopedia Of Yoga



## **Synopsis**

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: 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. Orientational entries furnish an overview of central aspects to 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. The Shambhala Encyclopedia of Yoga is a thoroughly updated Edition, expanded with 400 new entries, of Dr. Feuerstein's Encyclopedic Dictionary of Yoga , which received the Outstanding Academic Book of the Year Award for 1991 from Choice magazine.

## **Book Information**

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## **Customer Reviews**

This book stands alone in English. There is simply nothing else like it. Feuerstein is the leading academic expert on yoga in the United States while Shambhala is the leading publisher of books on yoga, so it is not surprising that this is clearly a superior work that fills a void. As such it is a boon to scholars and practitioners alike. It is also very well cross-referenced so that a reader may, by

following the starred words, begin or expand his own study of yoga. There is a guide to pronunciation of the Sanskrit words, numerous bits of black and white artwork and photos, and an engaging and informative introduction by Feuerstein. This handsome book has all those words that you won't find in even an unabridged English dictionary, defined and given their expression in an historical and spiritual context. Anyone with more than a passing interest in yoga will find this book invaluable. I should add that this is a revised and greatly expanded edition of Dr. Feuerstein's Encyclopedic Dictionary of Yoga (1990), and that it dwarfs both Ernest Wood's Yoga Wisdom (1970) and Harvey Day's Yoga Illustrated Dictionary (1971), which I have enjoyed, but which are also very much out of date. For Dr. Feuerstein's revision (due circa 2010, I would imagine) perhaps some entries on Westerners (and contemporaries) who have contributed to the study and practice of yoga would be appropriate, including, e.g., Theos Bernard (I was pleased to see eleven photos herein of Bernard demonstrating asana), Richard Hittleman, B.K.S. Iyengar, Swami Vishnudevananda, and others. Bottom line: this is an up to date, thorough, and lively work of reference without peer. --Dennis Littrell, author of "Yoga: Sacred and Profane (Beyond Hatha Yoga)"

As a yoga writer, teacher and PhD, I still use this Dr. Feuerstein's Encyclopedia of Yoga daily as I study yoga. The precise explanations help me understand the subtle points of yoga. The references to other Sanskrit terms is invaluable. This book is worth it, especially to help when reading other texts. I write this as a thanks for this great book!

An invaluable resource book for all lovers of yoga, meditation, spirituality, and human potential. Dispels many common misconceptions about yoga and reveals its true message. A great buy!

The Shambala Encyclopedia of Yoga contains more than 2380 terms associated with Yoga, terms spanning millenia of Yoga history right from the Vedas till the modern age. No serious student of Yoga can afford not to have this book. One can savour the online version of this encyclopedia at Georg Feuerstein's website Traditional Yoga Studies (web address: [...]) Each term of this encyclopedia contains a wealth of information on Yoga.

Yoga is about so much more than exercise. 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 wifeShishya Gauri-Pahari Sitaya Das

This book makes learning about yoga (with all those sanscrit words) so much easier to understand.

This encyclopedia is simply the best one available on the subject of yoga. The author knows his stuff.

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