



Yoga: The Experiential Discipline

Pradnya S. Dharmadhikari

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Yoga is more than practicing postures. It is a discipline that emphasizes individual experience in all aspects of living in an interconnected and interdependent world. Based on the Yoga aphorisms by the founder of Classical Yoga, Patanjali, this book takes a detailed look into the relevance of age old Indian concepts and practices for living skillfully in the modern world. The conceptual base highlights the interconnectedness and interdependence among the various physical, psychological, socio-economic and technological entities and the important role that these play in our life experience in the modern world. The various practices that are part of the Yoga discipline relate to not only postures, breathing, and meditation, but also focus on certain behavioral and mental disciplines. The importance of focusing on the individual experience is emphasized. The relevance of the philosophy and practice of Yoga especially in education, health, environment and spiritual life is highlighted throughout the book.

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