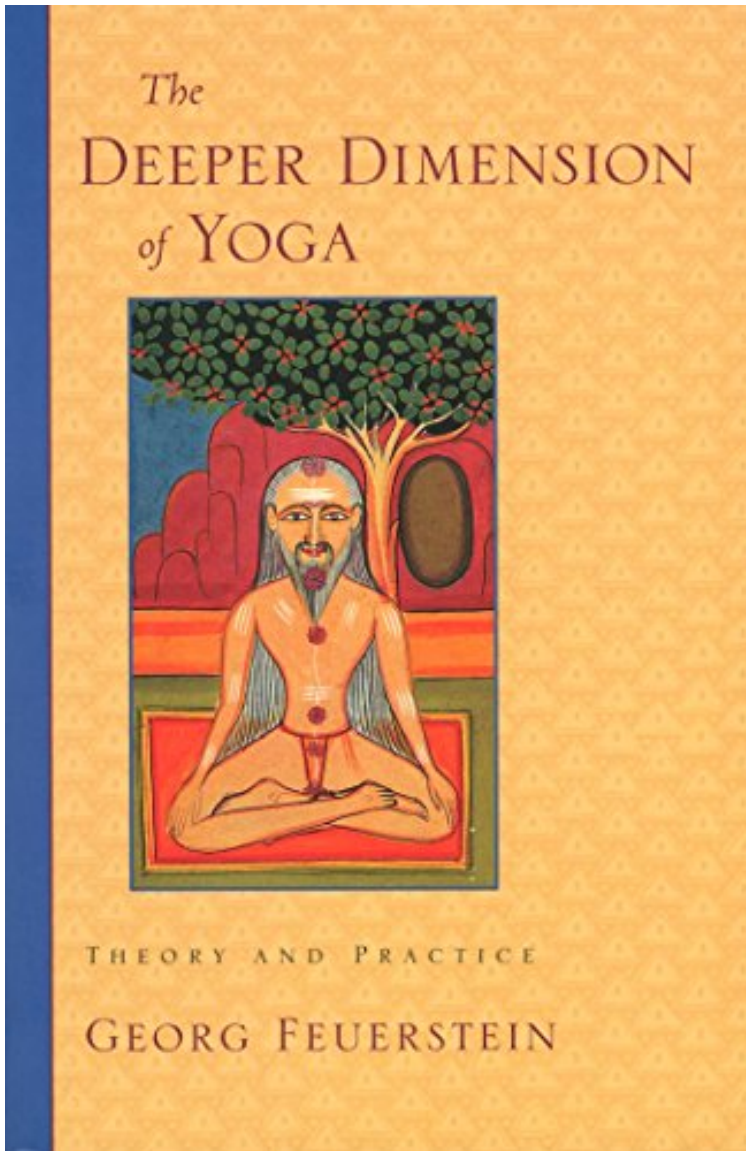


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The Deeper Dimension of Yoga: Theory and Practice



Par Georg Feuerstein
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collection of essays touching on all facets of the discipline. Topics include: The different branches and styles of Yoga The ethical teachings of Yoga Yoga and vegetarianism Meditation and mantras Choosing a teacher Tantric Yoga The experience of ecstasy

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