



Ewolucja Jogi: Patanjali i Zachodnia Ezoteryka

Indeks: **715304** Producent: **Continuum Inter. Publis.**

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Opis

A History of Modern Yoga: Patanjali and Western Esotericism

Producent: Continuum Inter. Publis.

Modern Yoga: Patanjali & Western Esotericism is the ultimate book for yoga enthusiasts who want to better understand the origins of their practice. Author Elizabeth De Michelis explores the links between traditional yoga practices and Western esotericism, with a focus on the ancient texts of Patanjali's Yoga Sutras. Readers will gain a deeper understanding of how yoga developed into the practice we know today, as well as its spiritual and philosophical underpinnings.

This paperback book has 282 pages and is illustrated, making it a visually engaging read. It is published by Continuum Inter. Publis., a trusted name in the world of religious and philosophical texts. The book is in English and is suitable for a general/trade audience.

Whether you're a seasoned yoga practitioner or just starting out, Modern Yoga: Patanjali & Western Esotericism is an essential addition to your library. It provides a fascinating look into the history and spirituality behind one of the world's most popular forms of exercise and meditation.

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