

Hatha Yoga Its Context Theory And Practice Buddhist Tradition S

Hatha Yoga Its Context Theory And Practice Buddhist Tradition S - In this study, philosopher and hatha practitioner Mikel Burley places the soteriological system of hatha-yoga within its proper context, drawing attention to its continuity with Vedic religion, its initiatory pedagogical structure, and to the theoretical underpinnings of hatha practice. Start studying Theory and Practice of Yoga (Exam 1). Learn vocabulary, terms, and more with flashcards, games, and other study tools. Search. Create. Log in Sign up. Log in Sign up. 50 terms. ... Hatha (forceful) yoga. focused on developing body's potential, self realization, seen as decadent. Jnana (wisdom) yoga. Hatha-Yoga: Its Context, Theory and Practice is important reading for all serious practitioners of yoga, as well as all real scholars in the field both traditional and modern. Burley's is a real yogic scholarship about yoga. In this study, philosopher and hatha practitioner Mikel Burley places the soteriological system of hatha-yoga within its proper context, drawing attention to its continuity with Vedic religion, its initiatory pedagogical structure, and to the theoretical underpinnings of hatha practice.