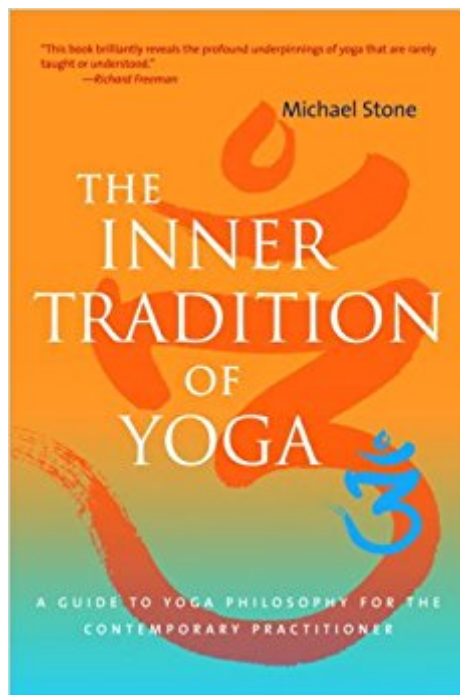




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The Inner Tradition Of Yoga: A Guide To Yoga Philosophy For The Contemporary Practitioner



Synopsis

There is more to the tradition of yoga than toning and strengthening. At the root, there is a vast and intriguing philosophy that teaches the ethics of nonviolence, patience, honesty, and respect.

Michael Stone provides an in-depth explanation of ancient Indian yogic philosophy along with teachings on how to bring our understanding of yoga theory to deeper levels through our practice on the mat—and through our relationships with others. To learn more about the author, Michael Stone, visit his website: www.centreofgravity.org

Book Information

Paperback: 320 pages

Publisher: Shambhala; 1 edition (August 12, 2008)

Language: English

ISBN-10: 1590305698

ISBN-13: 978-1590305690

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 32 customer reviews

Best Sellers Rank: #32,825 in Books (See Top 100 in Books) #14 in Books > Politics & Social Sciences > Philosophy > Eastern > Indian #73 in Books > Politics & Social Sciences > Philosophy > Consciousness & Thought #93 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

"Intense, poetic, wise, practical, intimate, and visionary—the mind-body connection has never been better explored or explained."—Sharon Gannon, cofounder of Jivamukti Yoga "Michael Stone manages to seamlessly integrate traditional teachings with contemporary advances in the field—and so adds new dimensions of meaning to both."—Richard Rosen, author of *The Yoga of Breath* "Michael Stone brilliantly reveals the profound underpinnings of yoga that are rarely taught or understood."—Richard Freeman "The Inner Tradition of Yoga" has much to guide and inspire anyone on the road to insight."—Chip Hartranft, author of *The Yoga-Sāstra of Patañjali* "Michael Stone details a practical and pragmatic psychology of yoga that can provide all practitioners a way to engage with the deepest transformative possibilities that yoga can offer. It is certainly what we need now."—Frank Jude Boccio, author of *Mindfulness Yoga* "Few people on the planet have Michael's gift to explore and explain in

contemporary language the profound wisdom of yoga. Highly recommended for teachers and students."—Larry Payne, PhD, coauthor, *Yoga for Dummies* and *Yoga Rx*

Michael Stone (1974 - 2017) was a prominent and innovative Buddhist teacher, yogi, psychotherapist, and author. He was the founder and director of the Centre of Gravity Sangha, a community of yoga and Buddhist practitioners based in Toronto, and he taught widely and had a large international following. He was the author of *The Inner Tradition of Yoga*, *Yoga for a World Out of Balance*, *Freeing the Body Freeing the Mind*, and *Awake in the World*. For more information visit michaelstoneteaching.com.

If you're not into learning Sanskrit that's OK, you can get a lot out of Michael Stone's summary of yogic philosophy and morality. It's well written, though it becomes somewhat less cogent toward the end. I especially appreciate his reports of the interpretations from leading figures in the history of yoga. Worth a read for any serious student of yoga, or any person who is in the process of defining, refining, or learning to live by their own values.

I love this book! Michael Stone helps you understand basic yoga philosophy and makes you think about your evolution as a yogi. I can read the chapters over and over to find ideas I didn't see before. Deep and pleasant reading!

An excellent beginner/intermediate guide to yoga philosophy, based in real practice and a love for the tradition. Michael Stone is easy to understand in sometimes 'heady' concepts, and he keeps a fresh perspective that it's all about practice and knowing yourself. I am a yoga teacher and I recommend this book to my students.

This book is all about the 8 limbs of yoga and incorporating them into our modern life. This book is so needed right now with yoga being mainstream but the philosophy not really understood. Michael's take on each of the 8 limbs is very down to earth, practical yet profound. He writes with depth, clarity and a bit of humor. Def one of my new fav yoga philosophy books.

I am a yoga teacher and own many books. This is my favorite. It's the best book to pick up after reading through to add the extremely important, yet many times missed, element of philosophy into yoga teaching. It is also the book I recommend to new yogis to help them understand how to live

yoga, not do yoga.

Very good read about the philosophy of yoga.

A beautifully written and realized account of the importance and magnitude of a yogic life. Thank you.

Michael Stone is a great teacher and author. This book sums up in both an intelligent and readable way what yoga can be.

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