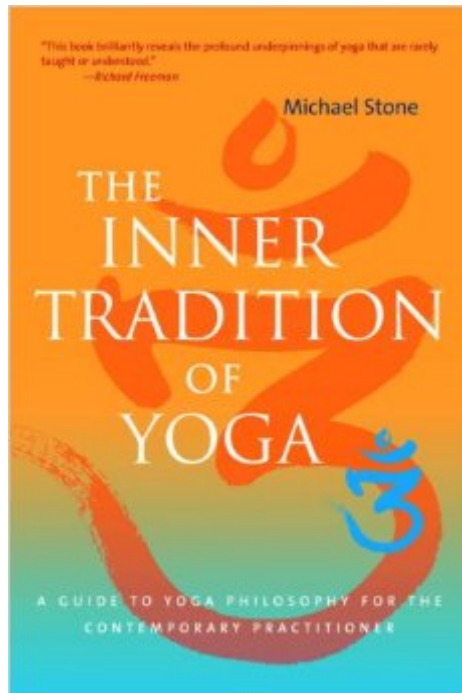


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# The Inner Tradition Of Yoga: A Guide To Yoga Philosophy For The Contemporary Practitioner



## 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 matâ and through our relationships with others. To learn more about the author, Michael Stone, visit his website: [www.centreofgravity.org](http://www.centreofgravity.org)

## Book Information

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## Customer Reviews

This was one of the best yoga books I have read so far. Here is what I had to say about it on my blog in March 2009: I have two translations of The Yoga Sutras, and I will admit that for the past three or four years I have been stuck on two of the sutras. The words are simple, but I have not been able to wrap my mind around them. I have discovered that the yoga sutras are not something to read from start to finish. So, how do you even get an overview of what may be in them? Where do you start if you want to learn more about yoga beyond asana and the eight limbs? I recently finished a book that has given me some more foundational knowledge: The Inner Tradition of Yoga by Michael Stone. He has an understanding to the point where he can apply theory to our everyday living and write about it for those of us just beginning to explore yogic theory in earnest. In Inner Tradition, he unpacks what the sutras say about suffering and brings definition and clarity to them. He also outlines the subtle bodies, or dosas, in a way that is easily understood, accessible, and grounded. In the beginning, he introduces this book to be about the psychological experience of a

committed yoga practice and the letting go that must happen if a practice is to deepen and expand. Instead of being about postures and how to deepen them, this book is about how a yoga practice can be experienced and cultivated in our lives. He remains true to his aim, which is to introduce yogic theory to modern day Westerners and apply this theory to what we face in our day to day lives. Yoga oftentimes is treated as just a physical practice, with the deeper aspects denied or ignored. I think that many are fooled that by practicing postures alone, we will become enlightened, or at the very least wiser.

The Inner Tradition of Yoga: A Guide to Yoga Philosophy for the Contemporary Practitioner (by Michael Stone) and The Mirror of Yoga: Awakening the Intelligence of Body and Mind (by Richard Freeman) are complimentary books discussing the philosophy of yoga, something seldom touched upon in the hatha yoga classes offered at most studios and health clubs. Michael Stone's book comes at yogic philosophy from a psychological perspective that often makes sense from a modern point of view. Richard Freeman's book jumps right into classic yoga philosophy but offers the constant reminder that many yogic concepts should be taken as metaphors rather than scientific or metaphysical realities. For example, on page 51, Freeman writes with respect to "nadis" [defined as 'imaginary' tubes through which our breath flows) that "if you contemplate these images, you might find that they stimulate within you feelings associated with energy through the nadis that the images represent." Okay, I can see this as a useful mental tool to feel energized. Many of the concepts are presented in this fashion. I read Freeman's book first, and found it very tough going because of his continual use of technical terms. Stone's book uses less jargon and also gives many useful psychological, non-mystical explanations for concepts. Both books emphasize that the central belief of yoga is the 'one-ness' of the universe, of which mankind is a part.

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