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# The Spiritual Roots of Yoga: Royal Path to Freedom

Ravi Ravindra

Morning Light Press (2006)

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## Abstract

Rather than a hatha how-to guide with asanas and step-by-step instructions, *The Spiritual Roots of Yoga* explains yoga's origin and underlying philosophy. The book dives straight to the heart of the yogic tradition embodied in the figure of Krishna in the Bhagavad Gita, an understanding broadened through an examination of Patanjali's Yoga Sutra. It then provides the framework for an accessible comparison between yoga and Christian, Buddhist, and other systems of thought. The author of several acclaimed interfaith studies, Ravi Ravindra writes from a deep understanding of not only the philosophy but the context from which yoga evolved, as well as its standing within the community of religious thought and practice, offering practitioners and other spiritual pilgrims a deeper appreciation of the tradition.

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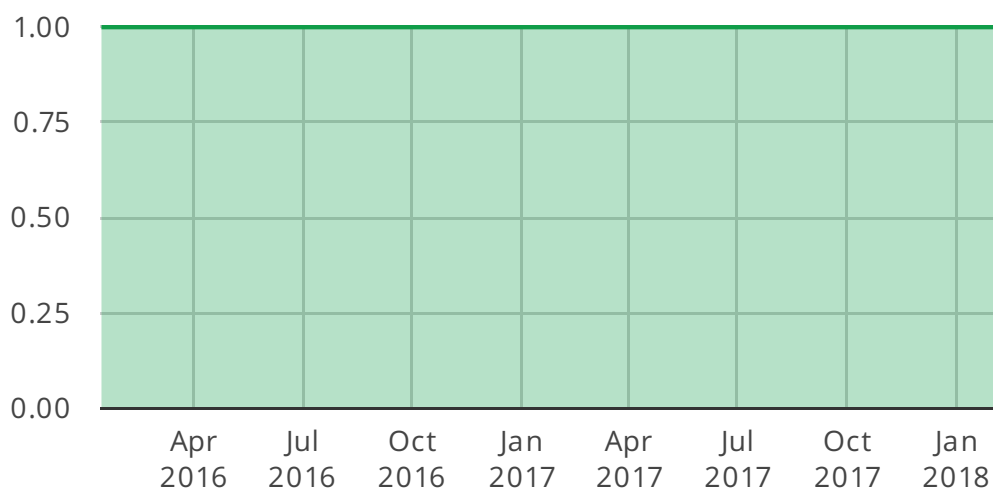
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