



The Sacred Tradition of Yoga: Philosophy, Ethics, and Practices for a Modern Spiritual Life

Dr. Shankaranarayana Jois

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In today's complex world, how is it possible to truly live as a yogi? Traditional yoga theory offers fresh, insightful solutions to today's practical lifestyle concerns, ranging from environmentalism to personal health and wellness. Tuning in to classic yoga philosophy and teachings can bring to light our greatest strengths while showing us how to maintain a healthy body and clear mind while attaining inner happiness. Drawing from his personal experiences of yoga and insight into ancient Sanskrit texts, Dr. Shankaranarayana Jois connects yogic philosophy to how we approach food, work, education, relationships, and other conscious lifestyle choices to support our deepest longings for happiness, peace, and balance. Practical and insightful, *The Sacred Tradition of Yoga* begins with a clear and deep inquiry into the human condition, reminding us of the true purpose of Yoga. The second half of the book focuses on the yamas and niyamas, the personal disciplines and social ethics of yoga. Throughout, Dr. Jois's teachings honor ancient traditions and underscore the benefits we can gain from adopting a yogic way of life in the modern world.

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