

## YOGA

### HINDU TRADITION

Adiswarananda, Swami, *Meditation & Its Practices: A Definitive Guide to Techniques and Traditions of Meditation in Yoga and Vedanta*, c2003, 472 pages.

A collection of class-talks about the spiritual life, providing a philosophical framework as well as instruction for the practice, with special emphasis in meditation.

**H294.7 Adi MP**

Bernard, Theos, *Hatha Yoga*, 1969, 104 pages.

A classic text on hatha yoga by a Western practitioner who studied and practiced in India and Tibet. With many references and footnotes to classic yogic texts, this work compares practices as mentioned in different texts and how it was personally taught to him.

**H181.45 Ber HY**

Besant, Annie, *An Introduction to Yoga*, 1987, 150 pages.

This series of lectures is intended to give an outline of Yoga to prepare the student to take up, for practical purposes, the more renowned treatise on Yoga, the Yoga-Sutras of Patanjali.

**T B463 IY (MINI)**

Bhikshu, *Bhakti Yoga*, 1930, 148.

An exploration of the rationale of this devotional yoga and its main elements, faith, God, love, grace, and self-surrender.

**H181.45 Bha BY**

Bhikshu, *Karma Yoga*, 1928, 138 pages.

An exploration of the elements involved in karma yoga, which is based on performing unselfish actions, and the role of thought as the generator of any action.

**H181.45 Bhi KY**

Bragdon, Claude, *Yoga for You*, 1954, 104 pages.

A popular exposition of the essentials of Yoga, not as a mere collection of physical exercises but as a way of living, highlighting what the author considers the right method of approach to this practice.

**T B73 YY**

Chaudhuri, Haridas, *Integral Yoga: The Concept of Harmonious and Creative Living*, 1981, 160 pages.

A dynamic synthesis of all yogic systems, from the exercises of hatha yoga to the system of raja yoga, combined into a coherent whole. This book also offers a variety of meditations.

**T C393 IY and H 181.45 Cha IY**

Chodkiewicz, Kazimierz, *First Steps in Modern Yoga*, 1964, 90 pages.

An introduction to the philosophy and practice of yoga, preeminently raja yoga, through a theosophical exploration of its foundation and methods.

**H181.45 CHO FSY and T C452 FSY**

Codd, Clara, *Introduction to Patanjali's Yoga*, 1966, 164 pages.

A clear and accessible commentary on the first two books of Patanjali's Yoga-Sutras for those who wish to acquaint themselves with this ancient philosophy and practice.

**H181.452 YS Cod and T C648 IP**

Devi, Indra, *Yoga for Americans*, 1959, 226 pages.

A complete 6-week course for home practice of hatha yoga, with an outlined program to follow day by day.

**H181.45 Dev YA**

Eliade, Mircea, *Yoga: Immortality and Freedom*, 1969, 536 pages.

An exhaustive study of Yoga and its techniques in different traditions, treated in detail and in a scholarly way. The subjects discussed include raja yoga, hatha yoga, Tantrism, Buddhist yoga, Oriental alchemy and shamanism.

**080 BS v. 56 1969**

Feuerstein, Georg, *The Deeper Dimension of Yoga: Theory and Practice*, 2003, 415 pages.

In the form of a collection of essays, the author offers a comprehensive survey of the 5,000 year-old Yoga tradition, showing that it is more than a system of physical exercises; it is a profound path of self-transformation.

**H181.45 Feu DDY**

Feuerstein, Georg, *The Shambhala Guide to Yoga*, 1996, 180 pages.

An overview of the essentials of Yoga, not merely as a system of exercises but as a full-fledged spiritual tradition, intended to both broaden and deepen the understanding of beginning students.

**H181.45 Feu SGY**

Hari Dass, Baba, *A Child's Garden of Yoga*, 1980, 108 pages.

A series of hatha yoga asanas suitable for children, as well as two simple meditations to introduce them to this ancient spiritual practice.

**H181.45 Har CGY**

Hariharananda Aranya, *Yoga Philosophy of Patanjali*, 1983, 483 pages.

Containing the Yoga-Sutras in the original Sanskrit and English, as well as the commentary attributed to the ancient sage Vyasa, this work includes valuable annotations by the author with many suggestions for the practice of yoga.

**H181.452 Pat YPP**

Hirschi, Gertrud, Mudras: *Yoga in your Hands*, 2000, 223 pages.

The author illustrates the use of mudras to calm stress and prevent illness, as well as to enhance meditation and yoga practice.

**H181.45 Hir M**

Krishna Prem, Sri, *The Yoga of the Bhagavad Gita*, 1969, 224 pages.

Using the Bhagavad Gita as a textbook of Yoga, the author follows an integral path of which all the different systems of yoga are but one-sided aspects.

**H294.594 z Pre YBG**

Marchand, Peter, *The Yoga of Truth - Jnana: The Ancient Path of Silent Knowledge*, c2007, 148 pages.

An analysis of the steps to realization considering illusions and obstacles and using a series of easy introspective questions that help the reader penetrate the ego's barriers to understanding of the true Self.

**H181.45 Mar YT**

Mehta, Rohit, *Yoga, the Art of Integration: A Commentary on the Yoga Sutras of Patanjali*, 1982, 464 pages.

In this original translation and commentary the author portrays the process of yoga from a psychological perspective, highlighting the power of awareness for self-transformation.

**T M474 YAI**

Pilarzyk, Thomas, *Yoga beyond Fitness: Getting more than Exercise from an Ancient Spiritual Practice*, 2008, 269 pages.

The author sustains that something essential has been lost as the 5000-years-old spiritual tradition has become a \$ 6 billion pop culture industry. He offers a bridge to yoga's serious meaning for those who use it as exercise but want more.

**204.36 Pil YBF**

Radha, Swami Sivananda, *Kundalini, Yoga for the West*, 1978, 357 pages.

Explaining the structure and function of the chakras, the author explores Kundalini and its awakening, demystifying and correcting several misconceptions about this subject.

**H181.45 Rad KYW**

Rama, Swami, *Choosing a Path*, 1983, 200 pages.

A practical guide to all major paths of Hindu yoga helping the student to choose according to one's natural tendencies and talents, inclination, and situation.

**H181.45 Ram CP**

Ramacharaka, Yogi, *Advanced Course in Yogi Philosophy and Oriental Occultism*, 1931, 337 pages.

Originally published in the shape of 12 monthly lessons, this course provides a discussion about different branches of yoga and esotericism.

**H181.45 Ram AC**

Ravindra, Ravi, *Yoga and the Teaching of Krishna: Essays on the Indian Spiritual Traditions*, 1998, 390 pages.

A collection of essays centered on yoga as expressed in Hindu literature, drawing parallels to texts from other traditions such as the Enneads of Plotinus, the Gospel according to Saint John, and to modern science.

**H181.45 Rav YTK**

Rishabhchand, *The Integral Yoga of Sri Aurobindo*, 1959, 473 pages.

A series of essays dealing with the varieties of yoga and the preliminaries for its practice, while presenting the fundamentals of Aurobindo's integral yoga.

**H294.557 Ris z IYSA**

Sivananda, Swami, *Practical Lessons in Yoga*, 1967, 173 pages.

A practical guide to an integral yoga that includes diet, health, postures, breathing, and meditation. It also integrates several elements found along different paths of yoga.

**H181.45 Siv PLY**

Slater, Wallace, *Raja Yoga: A Simplified and Practical Course*, 1972, 105 pages.

The author offers a graded, practical, 10-month course on raja yoga, which is directed towards the control of the mind based on the practice of meditation.

**H181.45 Sla RY**

Taimni, I. K., *Glimpses into the Psychology of Yoga*, 1973, 409 pages.

The philosophical foundations on which the Yoga-Sutras of Patanjali rest. An excellent complement for those interested in the practice of raja yoga as well as for those who seek a deeper understanding of human consciousness.

**T T136 GPY**

Taimni, I. K., *The Science of Yoga*, 1986, 448 pages.

The Yoga-Sutras of Patanjali in Sanskrit and the author's translation into English, with valuable commentaries presenting yoga as a science and showing the rationale of this spiritual practice.

**H181.452 YS x=z Tai 1965 and T T136 SY**

Vasugupta, *Siva Sutras: The Yoga of Supreme Identity*, 1979, 278 pages.

Each Sutra, given in Sanskrit with a translation to English, is followed by the Vimarsini commentary with copious notes on important and technical words and an exposition of the main ideas of the Sutra.

**H181.62 SS=z Sin**

Vishnudevananda, Swami, *The Complete Illustrated Book of Yoga*, 1988, 359 pages.

A training program for tapping Yoga's power to increase physical strength, prevent illness, retard old age, relax the mind, and expand spiritual awareness.

**H181.45 Vis CIBY**

Vivekananda, Swami, *The Yogas and Other Works*, 1953, 978 pages.

A selection of lectures and articles presenting the essentials of the different paths of Yoga, as well as of the Hindu religion and philosophy.

**H294.555 Viv YOW**

Whicher, Ian, *The Integrity of the Yoga Darsana: A Reconsideration of Classical Yoga*, c1998, 426 pages.

Challenging misperceptions about yoga drawn by traditional and modern interpretations of the Yoga-sutras, the author argues for a fresh vision of the spiritual potential present in this seminal text.

**H181.45 Whi IYD**

Wood, Ernest, *Great Systems of Yoga*, 1954, 168 pages.

A concise survey of different systems of yoga developed to suit varying temperaments, as they are practiced in the East. Special emphasis is placed on how they can be helpful to the Western student.

**H181.45 Woo GSY**

Wood, Ernest, *Practical Yoga, Ancient and Modern*, 1948, 255 pages.

Presenting his own translation of the Yoga-Sutras of Patanjali along with comments, the author describes Yoga as a system of spiritual and mental self-development not for ascetics and hermits, but directly applicable to everyday, normal living.

**H181.45 YS z Woo and T W85 PY**

Wood, Ernest, *Yoga Dictionary*, c1956, 178 pages.

Based on ancient works in the original Sanskrit, the author offers the meaning of terms commonly used in Yoga to enhance the student's understanding and practice.

**H181.4503 Woo YD and T W85 YD**

Worthington, Roger, *A Student's Companion to Patanjali*, c1987, 55 pages.

A presentation of the Yoga Sutras in the form of questions and answers, with explanatory notes at the end of each chapter.

**H294.5 Wor SCP (MINI)**

## OTHER TRADITIONS

Arundale, George S., *Kundalini: An Occult Experience*, 1962, 102 pages.

As a result of personal experience, the author describes the awakening of consciousness as Kundalini moves upwards through the chakras, and how it operates in the individual and in the universe.

**T Ar84 KOE 1970**

Bromage, Bernard, *Tibetan Yoga*, 1971, 244 pages.

A survey of Tibetan Yoga, its history, methods, philosophy and art.

**T294.592 Bro TY**

Burnier, Radha, *The Universal Yoga Tradition*, 1988, 14 pages.

A lecture in which the author portrays Yoga as a tradition, not confined only to India, but as a universal stream of enquiry and understanding which flows across the ages in diverse schools concerned with human transcendence.

**T-Pam 080 BL 1988**

Chang, Garma, *Teachings of Tibetan Yoga*, 1977, 128 pages.

A concentrated introduction to the mental, physical and spiritual exercises of Tibetan Buddhism, in particular to the Six Yogas of Naropa and the Mahamudra teachings.

**T294.32 Cha TTY**

Cozort, Daniel, *Highest Yoga Tantra: An Introduction to the Esoteric Buddhism of Tibet*, 1986, 195 pages.

Based on a very famous Tibetan text about the levels of attainment and the paths of the Highest Yoga Tantra, this book provides a map for the difficult terrain of its theory and practice.

**T294.32 Coz HYT**

Dechanet, J. M., *Christian Yoga*, 1960, 196 pages.

Separating the ideas and techniques of universal application from purely Oriental expressions of temperament, culture and religion, the author, a Benedictine monk, presents yoga theory, practice and developments in terms of Christian faith and Western customs.

**H181.45 Dec CY**

Goswami, Shyam Sundar, *Jesus Christ and Yoga*, 1967, 143 pages.

An exploration of the saying of Jesus Christ in the gospels, highlighting the elements of yoga that are found there, and comparing them with the spiritual literature of ancient India.

**232 Gos JCY**

Hodson, Geoffrey, *The Yogic Ascent to Spiritual Heights*, 1991, 278 pages.

A collection of articles on different yoga traditions, including the ancient and modern pathways to self-enlightenment that lead to discipleship and initiation.

**T H669 YASH**

Hopkins, Jeffrey, *Emptiness Yoga: The Middle Way Consequence School*, c1987, 510 pages.

An in-depth, lively exposition of one of the highest developments in Buddhist insight--the methods of realization in the Mahayana Middle Way Consequence School, based on a famous work by Jang-gya.

**294.342 Hop EY**

Krishna Prem, Sri, *Initiation into Yoga*, 1976, 128 pages.

A collection of essays in which the author presents yoga not merely as a series of postures, exercises or meditations, but as a different way of relating to life.

**H181.45 Pre ILY**

Leeming, Joseph, *Yoga and the Bible*, 1963, 147 pages.

The basic principles of Shabad Yoga, the yoga of the divine word or inner sound, which is closely similar to the spiritual teachings given in the Bible, particularly through the concept of the Word or Logos.

**H181.45 Lee YB**

Leggett, Trevor, *Encounters in Yoga and Zen: Meetings of Cloth and Stone*, 1993, 108 pages.

A collection of traditional Japanese and Indian stories used by teachers in the East and selected from different sources. Often portraying incidents from ordinary life, they are told in a skillful way helping the reader to find realization and inspiration from daily life.

**B294.3 Leg EYZ**

Luk, Charles, *The Secrets of Chinese Meditation*, 1964, 240 pages.

In a practical way, this book addresses methods of self-cultivation in different schools of Buddhism—Zen, Pure Land, Tendai—as well as in Taoism and Chinese yoga, so that the reader can choose one which most appeals to him or her.

**C294.7 LukSC**

Mehta, Rohit, *The Fullness of the Void: The Yoga of Theosophy - The Transcendental Wisdom*, 1982, 226 pages.

A study based on the teachings found in H. P. Blavatsky's *Voice of the Silence*, this book deals in detail with what the author calls "the Yoga of Theosophy", the mystical side of the theosophical teachings.

**T M474 FOV**

O'Brien, Justin, *A Meeting of Mystic Paths: Christianity and Yoga*, c1996, 175 pages.

Cultivating a bridge between Christianity and the science of yoga, the author contrasts and compares practices and beliefs and offers the reader tools for a religious renaissance.

**261.2 OBr MMP**

Ravindra, Ravi, *The Yoga of the Christ: In the Gospel According to St. John*, 1992, 244 pages.

A fresh exploration of St John's Gospel from an Indian perspective, showing its profound coherence with other traditions and, in particular, the Hindu. It searches for the spiritual heart of the gospel demonstrating that Truth can be found in all places.

**226.5 Rav YC**

Tson-kha-pa Blo-bzan-grags-pa, *Deity Yoga: In Action and Performance Tantra*, 1981, 274 pages.

A text written by the Tibetan reformer and sage Tsong-ka-pa, presenting the profound process of meditation in the tantras, with a lengthy introduction by H.H. the Dalai Lama.

**T294.3 Tso DY**

Williams, R., *Jaina Yoga*, 1963, 296 pages.

A scholarly survey of Jaina texts which tell of the life of a layman and how to lead a spiritual life in the midst of daily duties.

**J294 Wil JY**

Zla-ba-bsam-'grub, Kazi, *Tibetan Yoga and Secret Doctrines*, 1972, 389 pages.

A translation of seven original Tibetan texts dealing with some of the principal methods of meditation used since ancient times. Arranged and edited with introductions and annotations as a commentary by W. Y. Evans-Wentz.

**T294.592 Daw TYSD**

## **Sound Recordings**

Burnier, Radha, *Raja Yoga*, CDA 0143

Hodson, Geoffrey, *Yoga: Man's Way to Power and Knowledge*, CDA 0317

Hoskins, Ianthe H., *The Yoga of the Upanishads*, CDA 0308

Hoskins, Ianthe, *The Yoga of Patanjali*, CDA 0188

Mehta, Rohit, *Yoga and the Path of Self Realization*, CDA 0307

Ravindra, Ravi, *Introduction to the Yoga Sutras of Patanjali*, CDA 0144-2

Ross, Will, *The Path to Yoga*, CDA 0310

Weber, Renée, *The Yoga Sutras of Patanjali*, CDA 0187

## **Video Recordings**

Burnier, Radha, *The Yoga of Knowledge, Devotion, and Action*, VR 0979 v.1

Das, Surya, *Tibetan Energy Yoga*, VR 1133

Ravindra, Ravi, *Yoga and the Teaching of Krishna*, VR 1048

Ryan, Thomas, Father, *Yoga Prayer: An Embodied Christian Spiritual Practice*, DVD 0035

Shivani, Shanti, *Sound Yoga/Nada Yoga: The Healing Power of Sacred Sound*, DVD 0009