

CONTENTS

PREFACE

Preface xi

Acknowledgments xii

Introduction 1

PART 1 Fundamentals 7

PART 2 Asana: The Primary Series 17

PART 3 The History and Lineage of Yoga 129

PART 4 Philosophy: The Yoga Sutra 137

Glossary 291

Biographies 295

Bibliography 296

Index 301