



# A History of Modern Yoga: Patanjali and Western Esotericism

*By Elizabeth De Michelis*

Download now

Read Online ➔

**A History of Modern Yoga: Patanjali and Western Esotericism** By Elizabeth De Michelis

A History of Modern Yoga traces the roots of Modern Yoga back to the spread of western esoteric ideas in 18th century Bengal's intellectual circles. In due course Raja Yoga, published by Vivekananda in 1896, became the seminal text of Modern Yoga largely because, the author shows, it reconfigured the Yoga Sutras of Patanjali along the lines of a then emerging New Age occultistic style of secularised and individualistically oriented religiosity.

**With regard to 20th century developments, this book proposes a four-fold typology of Modern Yoga comprising Modern Psychosomatic, Modern Meditational, Modern Postural and Modern Denominational forms. Iyengar Yoga, one of the most influential schools of Modern Postural Yoga, is then analyzed in the light of this framework, while the conclusion shows how a typical Modern Postural Yoga session may be interpreted to reveal the forms and contents of a healing ritual of secular religion.**

↓ [Download A History of Modern Yoga: Patanjali and Western Es ...pdf](#)

📖 [Read Online A History of Modern Yoga: Patanjali and Western ...pdf](#)

# A History of Modern Yoga: Patanjali and Western Esotericism

*By Elizabeth De Michelis*

**A History of Modern Yoga: Patanjali and Western Esotericism** By Elizabeth De Michelis

A History of Modern Yoga traces the roots of Modern Yoga back to the spread of western esoteric ideas in 18th century Bengal's intellectual circles. In due course Raja Yoga, published by Vivekananda in 1896, became the seminal text of Modern Yoga largely because, the author shows, it reconfigured the Yoga Sutras of Patanjali along the lines of a then emerging New Age occultistic style of secularised and individualistically oriented religiosity.

**With regard to 20th century developments, this book proposes a four-fold typology of Modern Yoga comprising Modern Psychosomatic, Modern Meditational, Modern Postural and Modern Denominational forms. Iyengar Yoga, one of the most influential schools of Modern Postural Yoga, is then analyzed in the light of this framework, while the conclusion shows how a typical Modern Postural Yoga session may be interpreted to reveal the forms and contents of a healing ritual of secular religion.**

**A History of Modern Yoga: Patanjali and Western Esotericism** By Elizabeth De Michelis Bibliography

- Sales Rank: #1121383 in Books
- Brand: Brand: Continuum
- Published on: 2005-12-08
- Released on: 2005-12-08
- Original language: English
- Number of items: 1
- Dimensions: 9.21" h x .63" w x 6.14" l, 1.10 pounds
- Binding: Paperback
- 302 pages

 [Download A History of Modern Yoga: Patanjali and Western Es ...pdf](#)

 [Read Online A History of Modern Yoga: Patanjali and Western ...pdf](#)

## **Editorial Review**

### **Review**

'carefully researched and closely-argued . . . Far more than a reconstruction of the history of Modern Yoga, the book is an important contribution to the history of Orientalism, the Brahmo Samaj, and Neo-Vedanta.'  
Prof David Gordon White Department of Religious Studies University of California, Santa Barbara

'A History of Modern Yoga is a timely work of astute, rigorous, critical scholarship. De Michelis has done an outstanding job' Prof Joseph Alter University of Pittsburgh

'...Likely to stimulate debate...researchers working in the fields that Elizabeth De Michelis spans will find this an interesting and, at certain points, provocative study.'

Volume 21, Number 1

(Gwilym Beckerlegge *Journal Of Contemporary Religion*)

'...De Michelis greatly adds to our knowledge of how contemporary presentations of yoga differ from earlier ones.'

(Stefanie Syman)

"A *History of Modern Yoga* makes a significant contribution to our understanding of the roots of yoga, the connections between Western and Neo-Vedantic esotericism, and ways in which Hindu reformers remained active agents in combating Orientalist constructions of Hinduism, even while influencing Western audiences....this book is most appropriate for graduate students or advanced undergraduates." — *Missiology* — An International Review, October 2005 (*Missiology: An International Review*)

De Michelis (faculty of Divinity, Cambridge) has made an important contribution to modern scholarship in religion with this history of yogic practice. Many readers will find her style dry in the extreme, but she is quite adept at unstitching the many complex strands of association and precedent that have gone into the modern concepts of yogic practice, from 18th-century Bengal to 20th-century America. A crucial addition to academically inclined libraries and an important eyeopener for larger collections.

(*Library Journal*)

Reference & Research Book News, August 2006

(mention)

'...Likely to stimulate debate...researchers working in the fields that Elizabeth De Michelis spans will find this an interesting and, at certain points, provocative study.'

Volume 21, Number 1

(Sanford Lakoff *Journal Of Contemporary Religion*)

'...De Michelis greatly adds to our knowledge of how contemporary presentations of yoga differ from earlier ones.'

(Sanford Lakoff)

"*A History of Modern Yoga* makes a significant contribution to our understanding of the roots of yoga, the connections between Western and Neo-Vedantic esotericism, and ways in which Hindu reformers remained active agents in combating Orientalist constructions of Hinduism, even while influencing Western audiences....this book is most appropriate for graduate students or advanced undergraduates." – *Missiology – An International Review*, October 2005 (*Missiology: An International Review*)

Reference & Research Book News, August 2006

(Sanford Lakoff)

#### About the Author

Elizabeth De Michelis is Gordon Milburn Junior Research Fellow at Oriel College, University of Oxford, UK.

## Users Review

### From reader reviews:

#### Terrie Delgadillo:

Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite reserve and reading a guide. Beside you can solve your problem; you can add your knowledge by the e-book entitled *A History of Modern Yoga: Patanjali and Western Esotericism*. Try to face the book *A History of Modern Yoga: Patanjali and Western Esotericism* as your buddy. It means that it can to be your friend when you really feel alone and beside regarding course make you smarter than before. Yeah, it is very fortunate for you. The book makes you much more confidence because you can know almost everything by the book. So, let's make new experience in addition to knowledge with this book.

#### Gerald Kelly:

What do you concentrate on book? It is just for students because they are still students or the item for all people in the world, the particular best subject for that? Merely you can be answered for that issue above. Every person has different personality and hobby for every single other. Don't to be pushed someone or something that they don't need do that. You must know how great as well as important the book *A History of Modern Yoga: Patanjali and Western Esotericism*. All type of book can you see on many sources. You can look for the internet solutions or other social media.

#### Hoyt Moore:

In this 21st hundred years, people become competitive in each and every way. By being competitive now, people have to do something to make them survive, being in the middle of the particular crowded place and notice by surrounding. One thing that often many people have underestimated this for a while is reading. Sure, by reading a reserve your ability to survive raise then having chance to stand than other is high. For you who want to start reading the book, we give you this *A History of Modern Yoga: Patanjali and Western Esotericism* book as basic and daily reading reserve. Why, because this book is usually more than just a book.

**Diane McCarthy:**

Hey guys, do you really want to find a new book you just read? Maybe the book with the concept A History of Modern Yoga: Patanjali and Western Esotericism suitable to you? Often the book was written by renowned writer in this era. Typically the book entitled A History of Modern Yoga: Patanjali and Western Esotericism is a single of several books that will everyone read now. This book was inspired many people in the world. When you read this guide you will enter the new dimension that you ever know previous to. The author explained their strategy in the simple way, consequently all of people can easily to comprehend the core of this e-book. This book will give you a large amount of information about this world now. To help you to see the represented of the world in this particular book.

**Download and Read Online A History of Modern Yoga: Patanjali and Western Esotericism By Elizabeth De Michelis  
#UINVEW6DQ87**

## **Read A History of Modern Yoga: Patanjali and Western Esotericism By Elizabeth De Michelis for online ebook**

A History of Modern Yoga: Patanjali and Western Esotericism By Elizabeth De Michelis Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A History of Modern Yoga: Patanjali and Western Esotericism By Elizabeth De Michelis books to read online.

### **Online A History of Modern Yoga: Patanjali and Western Esotericism By Elizabeth De Michelis ebook PDF download**

**A History of Modern Yoga: Patanjali and Western Esotericism By Elizabeth De Michelis Doc**

**A History of Modern Yoga: Patanjali and Western Esotericism By Elizabeth De Michelis Mobipocket**

**A History of Modern Yoga: Patanjali and Western Esotericism By Elizabeth De Michelis EPub**

**UINVEW6DQ87: A History of Modern Yoga: Patanjali and Western Esotericism By Elizabeth De Michelis**