



## Positioning Yoga: Balancing Acts Across Cultures (Paperback)

By Sarah Strauss

Bloomsbury Publishing PLC, United Kingdom, 2005. Paperback. Book Condition: New. 2003.. 231 x 155 mm. Language: English . Brand New Book. What is yoga? Stereotypical images of people practicing this ancient art range from white-bearded Indian mystics chanting om on mountaintops to urban fitness fanatics contorted into uncomfortable looking positions. We recognize the name, but may not realize how the set of ideas and practices known as yoga moved from its birthplace on the Indian subcontinent to become a global phenomenon. Positioning Yoga considers how the recent development of yoga, from its introduction to Western audiences by the Indian Swami Vivekananda at the 1893 Parliament of the World's Religions in Chicago through to the present day, has generated specific forms of modern practice. Strauss takes us on an illuminating journey from India to Germany and America, and back again to India. While acknowledging yoga's point of origin, Strauss explores how yogic practices and ideas have been transformed when they cross cultural boundaries. Yoga can be defined in many ways as an attitude, a philosophic system, a set of practices, a way of being in the world but its definition is always located within a particular historical context. What makes yoga...



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