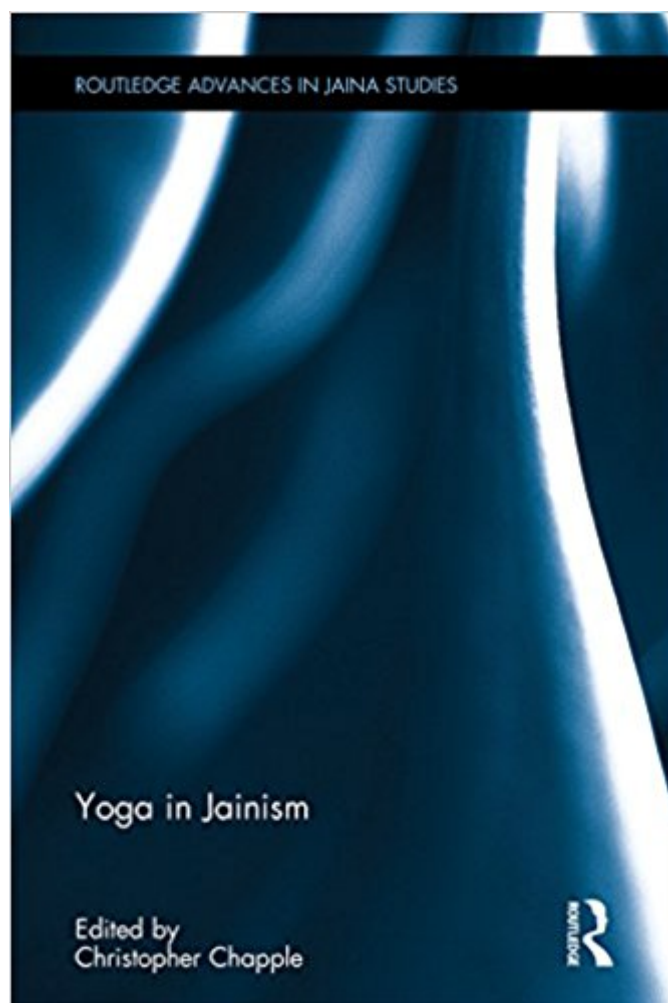


The book was found

Yoga In Jainism (Routledge Advances In Jaina Studies)



Synopsis

Jaina Studies is a relatively new and rapidly expanding field of inquiry for scholars of Indian religion and philosophy. In Jainism, "yoga" carries many meanings, and this book explores the definitions, nuances, and applications of the term in relation to Jainism from early times to the present. Yoga in Jainism begins by discussing how the use of the term yoga in the earliest Jaina texts described the mechanics of a mundane action or karma. From the time of the later Upanisads, the word Yoga became associated in all Indian religions with spiritual practices of ethical restraint, prayer, and meditation. In the medieval period, Jaina authors such as Haribhadra, Subhacandra, and Hemacandra used the term Yoga in reference to Jaina spiritual practice. In the modern period, a Jaina form of Yoga emerged, known as Preksa Dhyana. This practice includes the physical postures and breathing exercises well known through the globalization of Yoga. By exploring how Yoga is understood and practiced within Jainism, this book makes an important contribution to the fields of Yoga Studies, Religious Studies, Philosophy, and South Asian Studies.

Book Information

File Size: 1797 KB

Print Length: 271 pages

Page Numbers Source ISBN: 1138829072

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

Publisher: Routledge (October 14, 2015)

Publication Date: October 14, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B017IOJQJG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #777,116 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

in Kindle Store > Kindle eBooks > Religion & Spirituality > Other Eastern Religions & Sacred Texts

> Jainism #59 in Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts >

Jainism #443 in Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Social

Sciences > Special Groups > Ethnic Studies

[Download to continue reading...](#)

Yoga in Jainism (Routledge Advances in Jaina Studies) Jainism I - Basics of Jainism (Jaina Education Series Book 102) YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) The First Step of Jainism (Jaina Education Series Book 203) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) The Development of Modern South Korea: State Formation, Capitalist Development and National Identity (Routledge Advances in Korean Studies) Work and Unseen Chronic Illness: Silent Voices (Routledge Advances in Management and Business Studies) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Routledge Handbook of Public Aviation Law (Routledge Handbooks) The Routledge Handbook of the War of 1812 (Routledge International Handbooks) Routledge International Handbook of Sustainable Development (Routledge International Handbooks) The Routledge Companion to the Study of Religion (Routledge Religion Companions) International Perspectives on Elder Abuse (Routledge Advances in Health and Social Policy) Human Security: Concepts and implications (Routledge Advances in International Relations and Global Politics)

[Dmca](#)