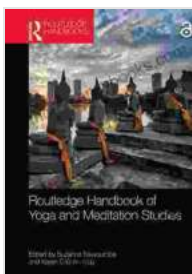


Routledge Handbook of Yoga and Meditation Studies

Uncover the Science, History, and Cultural Impact of Ancient Practices

The Routledge Handbook of Yoga and Meditation Studies is the definitive reference work in the field, bringing together the latest research on the history, theory, and practice of yoga and meditation traditions across cultures and time periods.



Routledge Handbook of Yoga and Meditation Studies

by Gary Liguori

★★★★★ 5 out of 5

Language : English
File size : 7524 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 561 pages
Screen Reader : Supported



With contributions from leading scholars in the field, this handbook provides a comprehensive overview of the current state of yoga and meditation studies, including:

- The history and development of yoga and meditation traditions
- The theory and philosophy of yoga and meditation

- The practice of yoga and meditation in different cultures and time periods
- The scientific research on the health benefits of yoga and meditation
- The cultural impact of yoga and meditation in the modern world

The Routledge Handbook of Yoga and Meditation Studies is an essential resource for scholars, students, and practitioners of yoga and meditation, as well as for anyone interested in the history, theory, and cultural impact of these ancient practices.

Key Features

- Comprehensive overview of the current state of yoga and meditation studies
- Contributions from leading scholars in the field
- Interdisciplinary approach that draws on history, philosophy, anthropology, sociology, psychology, and medicine
- Global perspective that examines yoga and meditation traditions from around the world
- Up-to-date research on the health benefits of yoga and meditation
- Discussion of the cultural impact of yoga and meditation in the modern world

Endorsements

"The Routledge Handbook of Yoga and Meditation Studies is a landmark publication that will shape the future of the field. This comprehensive volume brings together the latest research on the history, theory, and

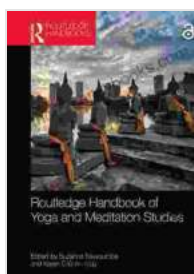
practice of yoga and meditation traditions, providing a much-needed resource for scholars, students, and practitioners alike." - David Gordon White, Professor of Religious Studies, University of California, Santa Barbara

"The Routledge Handbook of Yoga and Meditation Studies is an essential resource for anyone interested in the history, theory, and cultural impact of yoga and meditation. This volume brings together the latest research from leading scholars in the field, providing a comprehensive overview of the current state of knowledge."- Elizabeth De Michelis, Professor of Sanskrit and Indian Studies, Harvard University

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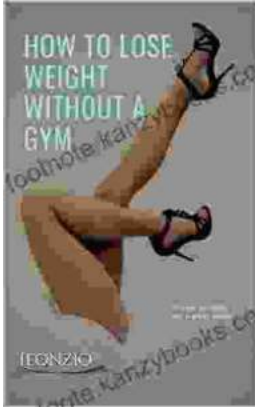
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