



# The Lost Teachings of Yoga: How to Find Happiness, Peace, and Freedom Through Time-Tested Wisdom

*Georg Feuerstein*

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It is estimated that more than 20 million Americans have practiced some form of yoga, yet almost none of them have heard of yoga's early teachers or their insights. While we are familiar with yoga's physical benefits, the original purpose of yoga as a path to inner freedom and enlightenment is embodied by only a few students in the West. Handed down to us throughout the past 5,000 years, the mental and spiritual disciplines of this complete philosophy for living are in danger of vanishing forever.

Now yoga scholar Georg Feuerstein immerses you in *The Lost Teachings of Yoga*, the first comprehensive audio curriculum about yoga's original spiritual wisdom and practices. A leading scholar and practitioner of yoga in the West for more than 30 years, Feuerstein introduces you to the wonders beyond yoga's postures and breathing techniques, and points the way to the inner strength and mental peace that is yoga's first objective. Taught by Feuerstein himself, this full 12-session, seven-hour course reveals the true history of yoga, the gifted masters who brought it to the West, its many branches and the rich fruit they yield, yoga's virtues and disciplines that flower into enlightenment, subtle anatomy and the energy of prana or life force, the origins of asanas, and much more. Georg Feuerstein has said that today in the West, we need yoga more than ever. Not simply because we want to develop strong, flexible bodies, but because yoga's vast spiritual heritage can help us uncover the deeper purpose of life. Discover for yourself yoga's ultimate achievement and your foundation for a more effective daily practice with *The Lost Teachings of Yoga*.



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