

# The Origins Of Yoga And Tantra: Indic Religions To The Thirteenth Century By Geoffrey Samuel

By Geoffrey Samuel

tantra, s khya and advaita traditions; Samuel, Geoffrey. 2008. The Origins of Yoga and Tantra: Indic Religions to the Thirteenth Century.

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Yoga is a family of ancient spiritual practices that originated in India, where it remains a vibrant living tradition and is seen as a means to enlightenment.

162 Reviews / Recenzje Geoffrey Samuel, The Origins of Yoga and Tantra: Indic Religions to the Thirteenth Century Cambridge: Cambridge uninersity Press 2008, X + 422

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