

— A Yoga Romance —

First There Is a Mountain



ELIZABETH KADETSKY

# First There Is A Mountain A Yoga Romance

**Laurah E. Klepinger**



## **First There Is A Mountain A Yoga Romance:**

First There is a Mountain Elizabeth Kadetsky, 2004-01-01 The author chronicles her lifelong battle with eating disorders and starvation diets her journey to India to study at the yoga institute of the renowned B K S Iyengar and her discovery of a spiritual discipline that helped her find peace 25 000 first printing **Yoga Journal** ,2004-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **The Path of Modern Yoga** Elliott Goldberg, 2016-07-18 A history of yoga s transformation from sacred discipline to exercise program to embodied spiritual practice Identifies the origin of exercise yoga as India s response to the mania for exercise sweeping the West in the early 20th century Examines yoga s transformations through the lives and accomplishments of 11 key figures including Sri Yogendra K V Iyer Louise Morgan Krishnamacharya Swami Sivananda Indra Devi and B K S Iyengar Draws on more than 10 years of research from rare primary sources and includes 99 illustrations In **The Path of Modern Yoga** Elliott Goldberg shows how yoga was transformed from a sacred practice into a health and fitness regime for middle class Indians in the early 20th century and then gradually transformed over the course of the 20th century into an embodied spiritual practice a yoga for our times Drawing on more than 10 years of research from rare primary sources as well as recent scholarship Goldberg tells the sweeping story of modern yoga through the remarkable lives and accomplishments of 11 key figures six Indian yogis Sri Yogendra Swami Kuvalayananda S Sundaram T Krishnamacharya Swami Sivananda and B K S Iyengar an Indian bodybuilder K V Iyer a rajah Bhavanarao Pant Pratinidhi an American born journalist Louise Morgan an Indian diplomat Apa Pant and a Russian born yogi trained in India Indra Devi The author places their achievements within the context of such Western trends as the physical culture movement the commodification of exercise militant nationalism jazz age popular entertainment the quest for youth and beauty and 19th century New Age religion In chronicling how the transformation of yoga from sacred discipline to exercise program allowed for the creation of an embodied spiritual practice Goldberg presents an original authoritative provocative and illuminating interpretation of the history of modern yoga Gurus of Modern Yoga Mark Singleton, Ellen Goldberg, 2014 **Gurus of Modern Yoga** explores the contributions that individual gurus have made to the formation of the practices and discourses of yoga in today s world

**The Yoga Sutra of Patanjali** David Gordon White, 2019-09-10 White retraces the strange and circuitous journey of Patanjali s Yoga Sutra from its ancient origins to today bringing to life the improbable cast of characters whose interpretations and misappropriations led to its revered place in contemporary popular culture **Sinister Yogis** David Gordon White, 2010-07-15 Since the 1960s yoga has become a billion dollar industry in the West attracting housewives and hipsters New Agers and the old aged But our modern conception of yoga derives much from nineteenth century European

spirituality and the true story of yoga's origins in South Asia is far richer, stranger and more entertaining than most of us realize. To uncover this history, David Gordon White focuses on yoga's practitioners. Combing through millennia of South Asia's vast and diverse literature, he discovers that yogis are usually portrayed as wonder workers or sorcerers who use their dangerous supernatural abilities which can include raising the dead, possession and levitation to acquire power, wealth and sexual gratification. As White shows, even those yogis who aren't downright villainous bear little resemblance to Western assumptions about them. At turns rollicking and sophisticated, *Sinister Yogis* tears down the image of yogis as detached contemplative teachers, finally placing them in their proper context. ***Yoga in Practice*** David Gordon White, 2012. An anthology of primary texts drawn from the diverse yoga traditions of India, greater Asia and the West. Focuses on the lived experiences in the many world of yoga. **Yoga** Daren Callahan, 2015-01-28. Millions of people practice some form of yoga but they often do so without a clear understanding of its history, traditions and purposes. This comprehensive bibliography designed to assist researchers, practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981. It includes entries for more than 2,400 scholarly as well as popular works, manuals, original Sanskrit source text translations, conference proceedings, doctoral dissertations and master's theses. Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest. **Yogalands** Paul Bramadat, 2025-04-08. Millions of people practise yoga, attracted to the mat by its promise of physical and mental benefits, social connection and spiritual nourishment. Promoted as a way of healing the body and mind from wounds inflicted by the world, modern yoga may be a critique of the social order, an anti-world to which practitioners escape. Yet yoga can never free itself entirely from the compromises and contradictions of reality. In *Yogalands*, Paul Bramadat wrestles with his position as a skeptical scholar who is also a devoted yoga practitioner. Drawing from his own experience and from conversations with hundreds of yoga teachers and students in the United States and Canada, he seeks to understand what yoga means for people in the modern West. In doing so, he addresses issues that often sit beneath the surface in yogalands: why yoga's religious dimensions are rarely mentioned in classes; how the relationship between yoga and trauma might be reconsidered; and how yoga seems to have survived debates around nationalism, cultural appropriation and sexual misconduct. *Yogalands* encourages practitioners and critics to be more curious about yoga. For insiders, this can deepen their practice; and for observers, this approach is an inspiring and unsettling model for engaging with other passionate commitments. **Transnational Yoga at Work** Laura E. Klepinger, 2022-07-18. *Transnational Yoga at Work: Spiritual Tourism and Its Blind Spots* is an ethnography about local waged workers in the Indian branches of a transnational yoga institution and about yoga practitioners and spiritual tourists who visualize peace through yoga. Practitioners' aspirations for peace situate them at the heart of an international movement that has captured the imagination of cosmopolitans the world over with its purported benefits to mind, body and spirit. Yoga is thought to offer health, vitality and

relief from depression through control of body and breath Yet the vision of peace in this institution is a partial vision that obscures the important but seemingly peripheral others of its self conception Through in depth ethnographic analysis this book explores the processes through which global spiritual movements can have peace front and center in their vision and yet condone and perpetuate cycles of injustice and social inequality that form the critical and problematic foundations of our global economy The book privileges the experiences and hardships faced by Indian wagedworkers most of them women but it also offers a sympathetic portrayal of international yoga practitioners and of the complex patterns of work and worship central to a global mission For more information check out A conversation with Laura E Klepinger author of Transnational Yoga at Work Spiritual Tourism and Its Blind Spots [Yoga for Stuttering](#) J.M. Balakrishnan,2009-04-07 Stuttering caused by a disorder in the brain s right hemisphere can limit one s life in a variety of ways from job choices and advancement to social and romantic opportunities Typical remedies emphasizing antidepressants and electronic devices have had mixed results at best Yoga for Stuttering takes a fresh approach based on ancient methods Author J M Balakrishnan combines an understanding of the neurological aspects of stuttering with yoga methods long used in India for remediation to form a new natural method for improving vocal fluency The book presents three related branches of yoga and their accompanying practices nada yoga chanting and vocalization hatha yoga yoga poses and raja yoga guided meditations providing the reader with sets of voice breathing and physical exercises to help relax the body and mind relieve chronic tension and achieve fluent speech The book features photos and illustrations to make the method easy to follow and no prior knowledge of yoga is required Yoga for Stuttering was created to meet the needs of those who have not obtained relief through traditional methods and is aimed at both speech pathologists and individuals looking for a holistic drug free approach to the condition

**Conspirituality** Julian Walker,Matthew Remski,Derek Beres,2023-06-13 Conspirituality takes a deep dive into the troubling phenomenon of influencers who have curdled New Age spirituality and wellness with the politics of paranoia peddling vaccine misinformation tales of child trafficking and wild conspiracy theories In the early days of the COVID 19 pandemic a disturbing social media trend emerged a large number of yoga instructors and alt health influencers were posting stories about a secretive global cabal bent on controlling the world s population with a genocidal vaccine Instagram feeds that had been serving up green smoothie recipes and Mary Oliver poems became firehoses of Fox News links memes from 4chan and prophecies of global transformation Since May 2020 Derek Beres Matthew Remski and Julian Walker have used their Conspirituality podcast to expose countless facets of the intersection of alt health practitioners with far right conspiracy trolls Now this expansive and revelatory book unpacks the follies frauds cons and cults that dominate the New Age and wellness spheres and betray the trust of people who seek genuine relief in this uncertain age Each of the three authors has witnessed firsthand the use of fear based political agendas to manipulate the human desire for spiritual fulfillment They throw a spotlight on the telltale signs of cult dynamics and expose how influencers have stoked suspicion of

public health initiatives And they show how charlatans and pseudo doctors encourage their followers to oppose mainstream advice as a form of spiritual quest With analytical rigor and flashes of irreverent humor Conspirituality offers an antidote to our times helping readers recognize wellness gifts engage with loved ones who've fallen under the influence and counter lies and distortions with insight and empathy

**Inhaling Spirit** Anya P. Foxen, 2020 This book follows up on recent findings that modern postural yoga is the outcome of a complex process of transcultural exchange and syncretism and digs even deeper looking to uncover the disparate but entangled roots of contemporary yoga practice In doing so it proposes that some of what we call yoga especially when it comes to North America and Europe is only slightly genealogically related to pre modern Indian yoga traditions Rather they are equally if not more grounded in Hellenistic theories of the subtle body Western esotericism and magic pre modern European medicine and late nineteenth century women's wellness programs Marshalling these under the umbrella category of harmonialism the present book argues that they constitute a history of analogous practices that were gradually subsumed into the language of yoga This allows us to fundamentally recontextualize the peculiarities of Western and especially certain mainstream American form of yoga their focus on aesthetic representation their privileging of bodily posture and unsystematic incorporation of breathwork and above all their overwhelmingly privileged female demographics The initial chapters of the book lay out the basic shape and history of these concepts and practices while the later chapters explore their development into a spiritualized form of women's physical culture over the course of the late nineteenth and early twentieth centuries including the ways in which they became increasingly associated with yoga

*Biography of a Yogi* Anya P. Foxen, 2017-07-03 With over four million copies in print Parmahansa Yogananda's autobiography has been translated into thirty three languages and it still serves as a gateway into yoga and alternative spirituality for countless North American practitioners This book examines Yogananda's life and work to clarify linkages between the seemingly disparate aspects of modern yoga and illuminates the intimate connections between yoga and metaphysically leaning American traditions such as Unitarianism New Thought and Theosophy

**Modern Transnational Yoga** Hannah K. Bartos, 2021-03-22 This is the first book to address the social organisation of modern yoga practice as a primary focus of investigation and to undertake a comparative analysis to explore why certain styles of yoga have successfully transcended geographical boundaries and endured over time whilst others have dwindled and failed Using fresh empirical data of the different ways in which posture practice was disseminated transnationally by Krishnamacharya Sivananda and their leading disciples the book provides an original perspective The author draws upon extensive archival research and numerous fieldwork interviews in India and the UK to consider how the field of yoga we experience today was shaped by historic decisions about how it was transmitted The book examines the specific ways in which a small group of yogis organised their practices and practitioners to popularise their styles of yoga to mainstream audiences outside of India It suggests that one of the most overlooked contributions has been that of Sivananda Saraswati 1887-1963 for whom this

study finds his early example acted as a cornerstone for the growth of posture practice Outlining how yoga practice is organised today on the world stage how leading brands fit into the wider field of modern yoga practice and how historical developments led to a mainstream globalised practice this book will be of interest to researchers in the field of Yoga Studies Religious Studies Hindu Studies South Asian History Sociology and Organisational Studies **Another Chicago Magazine**, 2005 *Yoga, Inc* John Philp, 2009 Once the province of gurus yoga is now practised by such media star personalities as Madonna and Sting Yoga paraphernalia is everywhere from malls to supermarkets and the number of practitioners is growing daily What prompted the change from spiritual to secular and who is cashing in Yoga Inc examines the trends now sweeping the industry from large McYoga chains to yoga tournaments to high profile yogis like Bikram Choudhury Yoga Inc asks Can yoga survive with its good karma intact *Just Love: The Essence of Everything, Volume 2* Sri Swami Vishwananda, 2019-12-27 JUST LOVE Volume 2 is the second in a series of extraordinary spiritual books from an extraordinary spiritual Master Although you may be familiar with the wisdom of the Holy Scriptures of both East and West the concept of Love is described in this book in a refreshing new way JUST LOVE is expressed by someone who knows about the all pervading life sustaining force that forms the creation of the universe because He is completely one with it in every moment This volume is a collection of 59 talks given around the world by Paramahansa Sri Swami Vishwananda where the simple yet profound message is clear Love is all there is Love is all you have to do Just Love and the rest will take care of itself **Current Biography Yearbook**, 2007 **On the Ganges** George Black, 2025-08-22 Journey along one of the world's greatest rivers and catch a glimpse into the lives and cultures of the people who live along its banks The Ganges flows through northern India and Bangladesh for more than 1 500 miles before emptying into the Bay of Bengal It is sacred to Hindus who worship Ganga the river goddess But it has also long been a magnet for foreigners some seeking to unravel its mysteries and others who have come in search of plunder In *On the Ganges* George Black who chronicled the exploration of the American West and the creation of Yellowstone National Park in *Empire of Shadows* takes readers on an extraordinary journey from the glaciers of the Himalayas to the sacred city of Varanasi to the hundred mouths of the Ganges Delta *On the Ganges* parts of which originated from a New Yorker article published last year introduces us to a vivid and often eccentric cast of characters who worship the river pollute it and flock to it from all over the world in search of enlightenment and adventure Black encounters those who run the corrupt cremation business workers who eke out a living in squalid factories religious fanatics and Brits who continue to live as if the Raj had never ended By the end of his journey Black has given us a memorable picture of the great river with all its riddles and contradictions both sacred and profane giving the last word to a man scavenging for the gifts left by pilgrims There are good days and there are bad days It all depends Everything is in the hands of our mother Ma Ganga

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