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Based on extensive ethnographic research and an analysis of both ancient and modern texts, Yoga in Modern India challenges this popular view by examining the history of yoga, focusing on its emergence in modern India and its dramatically changing form and significance in the twentieth century. Joseph Alter argues that yoga ' s transformation into a popular activity idolized for its health value is based on modern ideas about science and medicine.

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Modern yoga consists of a range of techniques including asanas and meditation derived from some of the philosophies, teachings and practices of the Yoga school, which is one of the six schools of traditional Hindu philosophies, and organised into a wide variety of schools and denominations. It has been described by Elizabeth de Michelis as having four types, namely: Modern Psychosomatic Yoga, as in The Yoga Institute; Modern Denominational Yoga, as in Brahma Kumaris; Modern Postural Yoga, as in

Modern yoga - Wikipedia

Yoga in India is a more a meditative technique than the physical workout. Mindfulness study with the yoga is not considered as the vital part of Western Yoga, while Indian Yoga philosophy focuses on the calmness of mind. According to the famous yoga schools of India, Yoga can be a blissful path in making our body unreactive to the emotions like sadness, anger, possessiveness, etc turning your life into a perfect Yogi. Commercialization of Yoga in West

Indian Yoga Vs Western Yoga - 11 Major Differences

Yoga in Modern India. Swami Vivekananda brought yoga to the West in the 1890s, but without asanas. Alter's 2004 book Yoga in Modern India: The Body between Science and Philosophy examines three main themes in the history and practice of yoga in the 20th century: Swami Kuvalayananda's medicalisation of yoga; naturopathic yoga; and the influence of the Hindu nationalist Rashtriya Swayamsevak Sangh on the development of yoga as exercise.

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