



Yoga: Immortality and Freedom (Mythos: The Princeton/Bollingen Series in World Mythology)

Mircea Eliade

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In this landmark book, first published in English in 1958, renowned scholar of religion Mircea Eliade lays the groundwork for a Western understanding of Yoga. Drawing on years of study and experience in India, Eliade provides a comprehensive survey of Yoga in theory and practice from its earliest antecedents in the Vedas through the twentieth century.

A new introduction by David Gordon White provides invaluable insight into Eliade's life and work, highlighting the key moments in Eliade's academic and spiritual education, as well as the personal experiences that shaped his worldview. *Yoga* is not only one of Eliade's most important books, it is also his most personal--the only one to analyze a religious tradition that he had truly lived.

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