



Yoga in Modern India: The body Between Science and Philosophy

By Joseph S. Alter

Motilal BanarsiDass Publishers Pvt. Ltd., New Delhi, India, 2009. Softcover. Book Condition: New. Yoga has come to be an Icon of Indian culture and civilization, and it is widely regarded as being timeless and unchanging. 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 yogas transformation into a popular activity idolized for its health value is based on modern ideas about science and medicine. Printed Pages: 312.

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