



by Louis Hughes, OP

What is yoga? Is it safe to practise yoga? Can it help one to pray as a Christian? The book describes in detail a range of New Religious Movements which use spiritual practices that can be termed "yogic". These include popular yoga movements such as that run by Tony Quinn, classical hatha yoga schools and Kundalini yogas - as well as groups such as Transcendental Meditation, the Hare Krishnas, Eckankar, Brahma Kumaris and Ananda Marg.

In addition there are detailed studies on the use of yogic techniques in the work of Dechanet, Bede Griffiths, John Main, Anthony de Mello and other pioneers of the dialogue between Christianity and Hinduism during the second half of the twentieth century.

Publisher:  
The Mercier Press,  
5 French Church Street, Cork  
24 Lower Abbey Street, Dublin 1

A CIP record for this book is available from the British Library.

This book is currently out of print. However, to [download "Yoga - a path to God?" click here.](#) 