

[Theory and Practice](#)

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Published by Anonymous on Apr. 02, 1999

REVIEWS

Theory and Practice

Two yoga books bring experts to your home

Tara Katir, Kauai

Yoga, that esoteric discipline once performed only in the land of its origin, India, has found its way to nearly every corner of the globe. For aspiring yogis desiring to increase their basic knowledge of this esoteric science, Dr. Georg (pronounced ga-y'org) Feuerstein, founder-director of the Yoga Research Center, has compiled *The Yoga Tradition, Its History, Literature, Philosophy and Practice* (686 pages, Hohm Press, ^{us}\$39.95). Covering the full spectrum of yoga's historical evolution, this highly recommended work is an encyclopedia of yogic philosophy and technique, and includes a chronology of India's past, an extensive glossary and a bibliography. Feuerstein believes it "will serve as a reliable reference work for yoga teacher training programs around the world."

Sonia Sumar's seminal work with special children is recounted in *Yoga for the Special Child* (256 pages, Special Yoga Publications, ^{us}\$19.95). She

outlines her therapeutic program of hatha yoga asanas for infants and children with Down syndrome, cerebral palsy or learning disabilities to increase their motor coordination, physical strength and intelligence. Sumar's work with special children began with her own "special" daughter, Roberta, to whom the book, now in its fourth edition, is dedicated.

THE YOGA TRADITION BY DR. GEORG FEUERSTEIN,
HOHM PRESS, POST OFFICE BOX 2501, PRESCOTT,
ARIZONA 86302 USA. YOGA FOR THE SPECIAL
CHILD BY SONIA SUMAR, SPECIAL YOGA
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