


# Yoga in Jainism (Routledge Advances in Jaina Studies)

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Yoga in Jainism begins by discussing how the use of the term *yoga* in the earliest Jaina texts described the mechanics of mundane action or karma. From the time of the later Upanisads, the word Yoga became associated in all Indian religions with spiritual practices of ethical restraint, prayer, and meditation. In the medieval period, Jaina authors such as Haribhadra, Subhacandra, and Hemacandra used the term Yoga in reference to Jaina spiritual practice. In the modern period, a Jaina form of Yoga emerged, known as Preksa Dhyana. This practice includes the physical postures and breathing exercises well known through the globalization of Yoga.

By exploring how Yoga is understood and practiced within Jainism, this book makes an important contribution to the fields of Yoga Studies, Religious Studies, Philosophy, and South Asian Studies.

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'The strength of the volume thus lies in contributions like Cort's that focus on unstudied texts and practices that shed light on overlooked understandings of yoga and the yogi... For those who wish to examine the history of Jain yogas, Chapple's book is a great start.'

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About the Author

**Christopher Key Chapple** is the Doshi Professor of Indic and Comparative Theology and Director of the Master of Arts in Yoga Studies at Loyola Marymount University, USA.

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