



Integral Yoga: Sri Aurobindo's Teaching & Method of Practice

By Sri Aurobindo

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One of the foremost Indian philosophers of the twentieth century, Sri Aurobindo was also a political activist, a mystic and a spiritual leader. Between 1927 and 1950, Sri Aurobindo remained in seclusion while perfecting a new kind of spiritual practice he called the Integral Yoga. During this period he gave detailed guidance to disciples and seekers, responding to thousands of inquiries. This correspondence constitutes a major body of work on the practice of yoga-sadhana. The present volume brings together a comprehensive selection of Sri Aurobindo's letters, organized by area of interest. An ideal introduction to his work and vision, it will also serve as an invaluable daily handbook for seekers of all paths - beginners and experienced practitioners alike.

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