



# Atheist Yoga

*Anton Drake*

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## **Atheist Yoga** Anton Drake

Atheist Yoga is a provocative and mind-bending book that makes the case for yoga's total compatibility with atheism while simultaneously offering an in-depth explanation of advanced yoga technique. It takes a close look at the full spectrum of yoga methodology and explains how to advance your practice to higher levels of expertise, delving deeply into the techniques of hatha yoga, pranayama and meditation and exploring the esoteric concepts of Kundalini, tantra, sexual yoga, pratyahara and yogic trance in clear language. From a starting point of realism and scientific materialism it sets about directly decoding the ancient secrets of yoga in a way that readers should find enjoyable on multiple levels.

The book's extensive analysis of advanced meditation techniques, hatha yoga, yogic sex, yoga trance and the methods of sensory withdrawal is flavored with a rich tapestry of practical experience and insight into the world of yoga. Interspersed with an ongoing discussion between the author and an expert yogini exploring the vicissitudes of faithless cynicism from the perspective of high-level yoga, it at the same time probes for deeper meanings and for a more nuanced and complete understanding of what yoga is and how to master it.

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