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Nota di contenuto	pt. 1. Subtle bodies in China and India -- pt. 2. Subtle bodies in the Tibetan tradition -- pt. 3. Subtle bodies in Europe and Islam -- pt. 4. Subtle bodies and modernity.
Sommario/riassunto	Subtle-body practices are found particularly in Indian, Indo-Tibetan and East Asian societies, but have become increasingly familiar in Western societies, especially through the various healing and yogic techniques and exercises associated with them. This book explores subtle-body practices from a variety of perspectives, and includes both studies of these practices in Asian and Western contexts. The book discusses how subtle-body practices assume a quasi-material level of human existence that is intermediate between conventional concepts of body and mind. Often, this level is conceiv