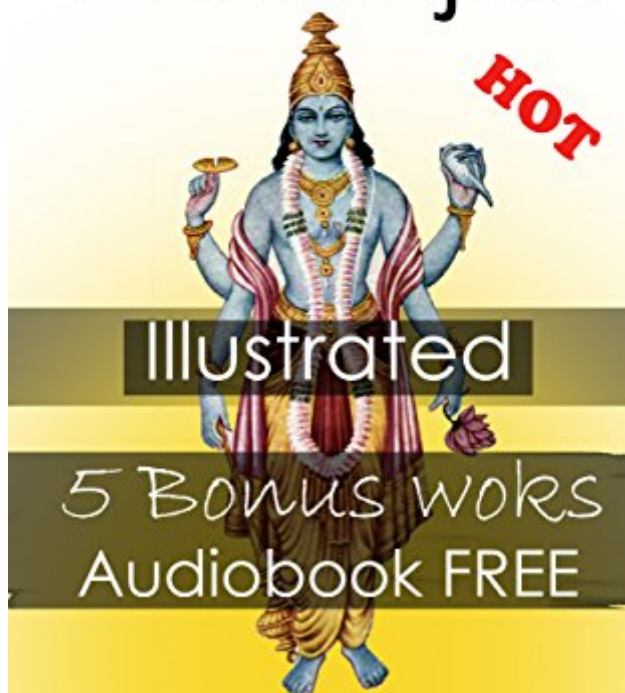


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The Yoga Sutras Of Patanjali: By Patanjali & Illustrated (Five Bonus Works & An Audiobook FREE Are Included)

The
Yoga Sutras of
Patanjali



Synopsis

Yoga Sutras of Patanjali: The "Yoga Sūtra" of Patañjali are 196 Indian sūtras (aphorisms) that constitute the foundational text of Ashtanga Yoga, also called Raja Yoga. In medieval times, Ashtanga Yoga was cast as one of the six orthodox "stika schools of Hindu philosophy. In this book you will find Illustrated The Yoga Sutras of Patanjali
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File Size: 2548 KB

Print Length: 263 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 7, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01BK5CXQM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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Customer Reviews

This came highly recommended by my yoga teachers as the most accessible entrance to understanding and learning the sutras. I agree - I love it, the energy of it is great, the descriptions and interpretations very meaningful.

I loved reading this and will read it again and again. I speaks of learning the spiritual part of the "I" and the difference between the "Me" it is really a good and motivating, captivating read. I recommend it for Yoga, students, who are seriously wanting to instruct or those who want self improvement to themselves in a different way thought posible.

This book is very helpful to change the modern living paradigm where we are bombarded with information based on material achievements. We are given whatever we need to become joyful in any given moment. What we need to understand is that our self is not the mind nor the body, they are only means for expressing ourselves and not the other way around.

Was looking for a book that explained Hindu(Shiava) philosophy a bit more deeply, this book is perfect!

This should be read by anyone looking to practice yoga or gain some serious insight in life. It's one of those books that you end up needing to put down to reflect on what you just read. Very cool. The Swami gave really good down to earth explanations of the sutras which I found to be the defining element that makes this book a winner.

This is a great book, with excellent commentary that really helps to explain the concepts

Great Commentary on Yoga Sutras. The first few pages were just fantastic. This books is more about the philosophy of Yoga than the actual practice. A must read for everyone looking for inner

peace.

Recently I have enrolled into a Yoga Teacher Training program through Live, Love, Teach Yoga Alliance group. As a part of the teacher training, students are required to read Yoga Sutras of Patanjali. These are basically written codes of conducts that yoginis are supposed to live by. Just like Torah, Bible and Koran are important to Jewish, Christian and Muslim philosophy; yoga sutras of Patanjali are fundamentals of religious life of yogis. It is very helpful manual for anyone interested in yogi philosophy and religion. It helps reader better understand self and learn how to avoid suffering in this world. I have purchased this book from marketplace. My only disappointment is with the seller. Book shipped quickly but is as not in "as new" condition. It had portions of the book with notations, underlinings and highlights. So if you are truly interested in yoga philosophy and wish to have this book handy for time to come, my recommendation would be to purchase new book directly from so it has no markings in it and that covers are crease free (unlike mine). I will use this book for studying anyway and future reference, however, my intent is to have another "clean copy" on hand so most likely I will be buying another copy of this book soon.

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