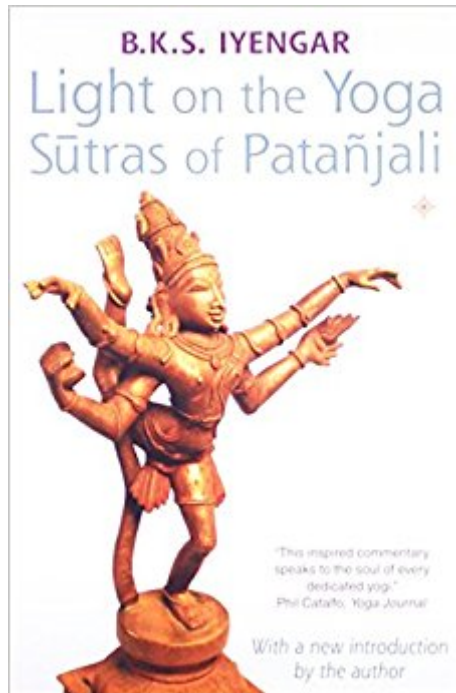




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Light On The Yoga Sutras Of Patanjali



Synopsis

BKS Iyengar's translation and commentary on these ancient yoga sutras has been described as the "bible" of yoga. This new edition of the classic text contains a new introduction by BKS Iyengar, as well as a foreword by Godfrey Devereux, author of *Dynamic Yoga*. Patanjali wrote this collection of yoga wisdom over 2,000 years ago. They are amongst the world's most revered and ancient teachings and are the earliest, most holy yoga reference. The Sutas are short and to the point – each being only a line or two long. BKS Iyengar has translated each one, and provided his own insightful commentary and explanation for modern readers. The Sutas show the reader how we can transform ourselves through the practice of yoga, gradually developing the mind, body and emotions, so we can become spiritually evolved. The Sutas are also a wonderful introduction to the spiritual philosophy that is the foundation of yoga practice. The book is thoroughly cross-referenced, and indexed, resulting in an accessible and helpful book that is of immense value both to students of Indian philosophy and practitioners of yoga.

Book Information

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Customer Reviews

"Patanjali's Yoga Sutas is the bible of yoga." – Godfrey Devereux
BKS Iyengar is renowned throughout the world for his inspired commentary on the ageless treatise by the ancient sage speaks to the soul of every dedicated yogi." – Phil Catalfo, Yoga Journal

A fresh translation of the writings of Patanjali, the first man to record the ancient practice of yoga, by

B. K. S. Iyengar, the man who introduced yoga to the West. --This text refers to an alternate Paperback edition.

I am a yoga teacher trainee and we have been studying the sutras using several translations. Last week someone brought the Iyengar translation in and I fell in love with it instantly! Beautifully translated.

I can't believe this wasn't required reading for the Western yoga schools I attended. Brilliantly concise. I will read multiple times and consult for reference.

Excellent. Very easy to read IF you focus and pay attention. Very clear and straight forward.

Very thoroughly written book. And as always, interpreted by BKS Iyengar. Super!

An excellent guide for understanding the difficult original text.

This was good. It is not as in depth or academic as Bryant's book, though.

Most excellent reading material. Completes my set by Iyengar, Light on Yoga, Light on Pranayama and now Light on the Yoga Sutras. Well written, scholarly, absolutely happy with this book. Recommended.

Probably the best translation out there! Recommended to me by my teacher who has a PhD in Yogic philosophy as being the most authentic while still accessible to someone like me who NOT. I was wishing to read and understand the Sutras without a translator's personal opinions being inserted. This is the closest I've seen.

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