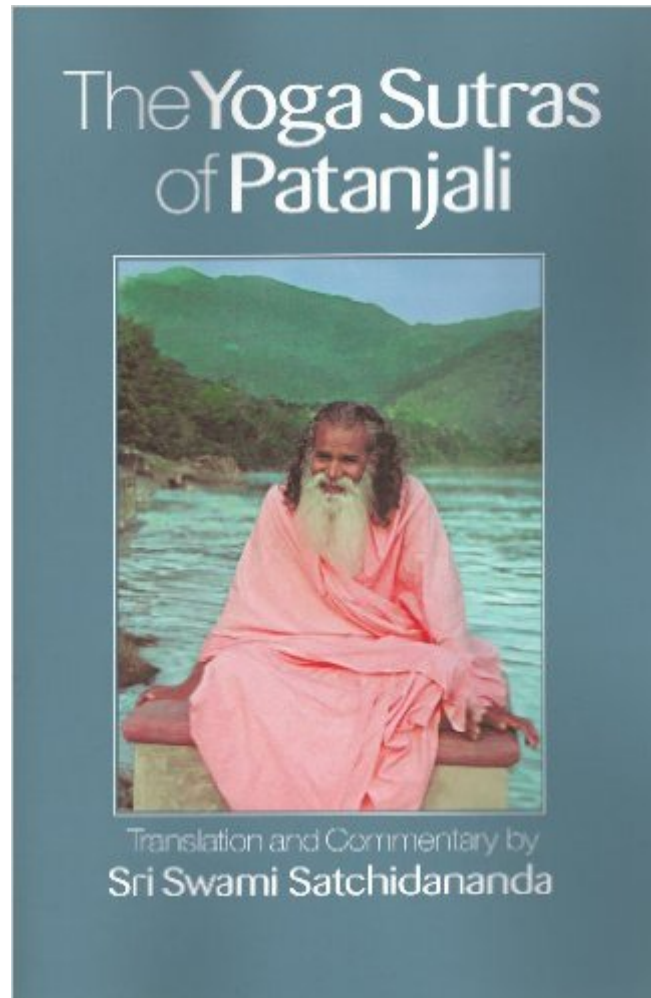




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The Yoga Sutras Of Patanjali



Synopsis

This valuable book provides a complete manual for the study and practice of Raja Yoga, the path of concentration and meditation. This new edition of these timeless teachings is a treasure to be read and referred to again and again by seekers treading the spiritual path. The classic Sutras (thought-threads), at least 4,000 years old, cover the yogic teachings on ethics, meditation, and physical postures, and provide directions for dealing with situations in daily life. The Sutras are presented here in the purest form, with the original Sanskrit and with translation, transliteration, and commentary by Sri Swami Satchidananda, one of the most respected and revered contemporary Yoga masters. In this classic context, Sri Swamiji offers practical advice based on his own experience for mastering the mind and achieving physical, mental and emotional harmony.

Book Information

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Customer Reviews

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Sri Swami Satchidananda was one of the first Yoga masters to bring the classical Yoga tradition to the West. He taught Yoga postures, meditation, a vegetarian and more compassionate lifestyle to westerners when he was invited to America in 1966 by the iconic pop artist Peter Max. The distinctive teachings he brought with him blend the physical discipline of Yoga, the spiritual philosophy of Vedic literature and the interfaith ideals he pioneered. These techniques and concepts influenced a generation and spawned a Yoga culture that is flourishing today. The organization founded on his teachings, Integral Yoga International, is now a leading institute for Yoga teacher

certification. Integral Yoga is the foundation for Dr. Dean Ornish's landmark work in reversing heart disease and Dr. Michael Lerner's noted Commonwealth Cancer Help program. Sri Swami Satchidananda is the author of many books on Yoga and is the subject of the 2008 documentary, "Living Yoga."

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. It 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 possible.

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 book 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 uinderstand 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, underlingnings anf 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 stydying 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.

As advertised. Thanks.

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