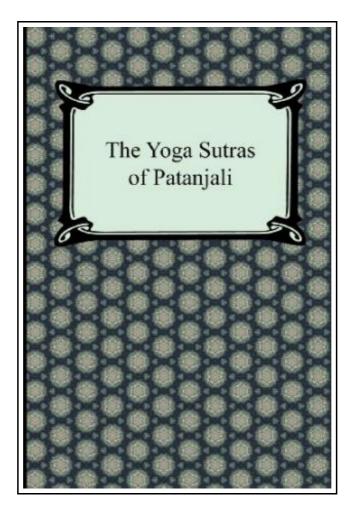
The Yoga Sutras of Patanjali (Paperback)



Filesize: 3.8 MB

Reviews

I just started looking over this ebook. I could possibly comprehended everything out of this published e publication. You are going to like the way the author compose this publication. (Giles Vandervort DDS)

THE YOGA SUTRAS OF PATANJALI (PAPERBACK)



Digireads.com, United States, 2012. Paperback. Book Condition: New. Reprint. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand ******. Yoga is an exercise and meditation philosophy that has been taking the United States by storm over the past several decades. Yet many are unaware that there is an entire, ancient religion that prefaces this phenomenon. Yoga is one of six orthodox schools of Hindu philosophy, and Yoga Sutras of Patanjali contains 196 aphorisms that form the basis of Raja Yoga. Patanjali uses his text to explain different facets of the philosophy, leading people to achieve kaivalya, the ultimate goal of detachment. The sutras begin with the most basic concentration, and then progresses to discipline, manifestation, and finally, emancipation of the transcendental ego. Patanjali also explains how one can find the path to kaivayla with the eight limbs of Yoga; non-violent thoughts, cleanliness, healthy living, meditation, and others are explained as essential actions to achieving self-liberation. Patanjali lived sometime between the 1st century BCE and the 5th century BCE. While all critics agree that Patanjali is the great compiler of the Yoga Sutras, many deliberate about whether or not he created the meditational philosophy. Some even speculate that Patanjali borrowed some of his sutras from other authors. Regardless, Yoga Sutras of Patanjali is now considered to be the leading authority on Yoga, and various editions are still in print over two-thousand years after the original publication.



Read The Yoga Sutras of Patanjali (Paperback) Online



You May Also Like



Fox and His Friends (Paperback)

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read...

Save ePub »



Dog Farts: Pooter s Revenge (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audiobook Inside! That's right. For a limited...

Save ePub »



Fox on the Job: Level 3 (Paperback)

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their...

Save ePub »



DK Readers L1: Jobs People Do: A Day in the Life of a Teacher (Paperback)

DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. American.. 224 x 150 mm. Language: English . Brand New Book. This Level 1 book is appropriate for children who are just beginning to...

Save ePub »



Buddy, the First Seeing Eye Dog (Paperback)

Scholastic US, United States, 2014. Paperback. Book Condition: New. Don Bolognese (illustrator). 224 x 150 mm. Language: English . Brand New Book. With inspiring and educational stories, Scholastic s Hello Reader series caters to the...

Save ePub »