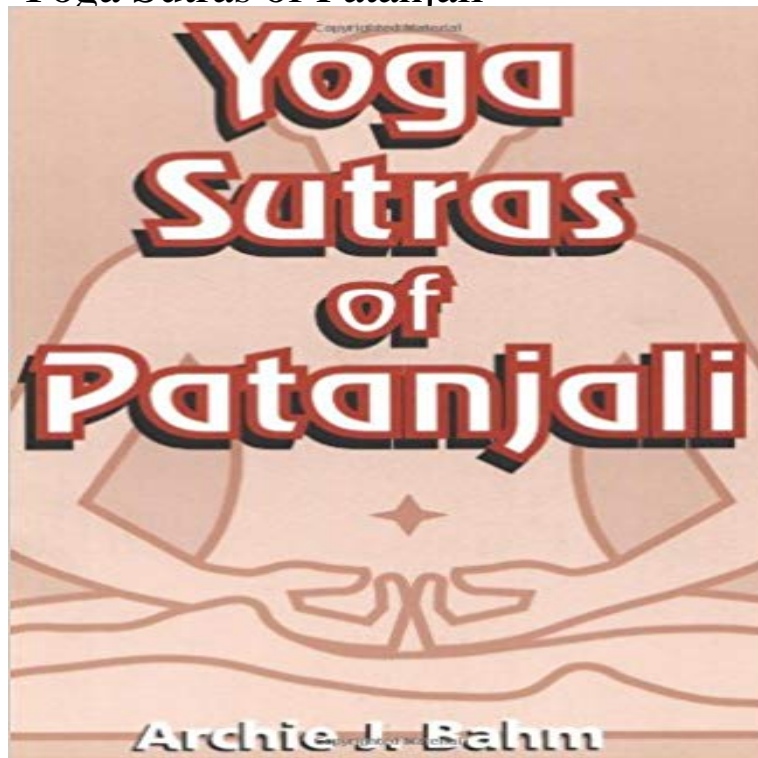


# Yoga Sutras of Patanjali



The sutras of Patanjali, who is considered to be the first systemizer of Yogic thought, are presented in clear, simple language, with a succinct comment on each. The author shows that the beauty and psychological insight of Yogic thought is available to everyone. This book will interest the newcomer to Yoga as well as the seasoned practitioners of the philosophy.

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The Yoga Sutras of Patanjali are often cited in modern Yoga classes, but how much do you really know about the origin and purpose of this work of philosophy? The Yoga Sutras of Patanjali The Threads of Union Translation by BonGiovanni. 1. on Contemplations 2. on Spiritual Disciplines 3. on Divine

Patanjali divided his Yoga Sutras into four chapters or books (Sanskrit pada), containing in all 196 aphorisms, divided as follows: Samadhi Pada (51 sutras). Sadhana Pada (55 sutras). Vibhuti Pada (56 sutras). Kaivalya Pada (34 sutras). We handpicked 30 essential sutras to return to again and again. . to bring you a six-week interactive online course on Patanjali's Yoga Sutra.