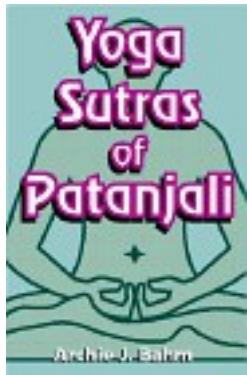


Yoga Sutras of Patanjali



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Yoga Sutras of Patanjali is a concise English rendering of the classical text on yoga and meditation. Patanjali is to Yoga what Buddha is to Buddhism. His sutras--defined literally as "the path to transcendence"--are a means to self-realization. With over thirty years of spiritual yoga practice, Mukunda Stiles has written a translation and interpretation which is precise and insightful. He provides a clear understanding of Patanjali's works for students of yoga, Eastern philosophy, or psychology, who want to use the sutras for spiritual practice or further study. Also included is a complete Sanskrit/English keyword section. Text: English (translation)

作者介绍:

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