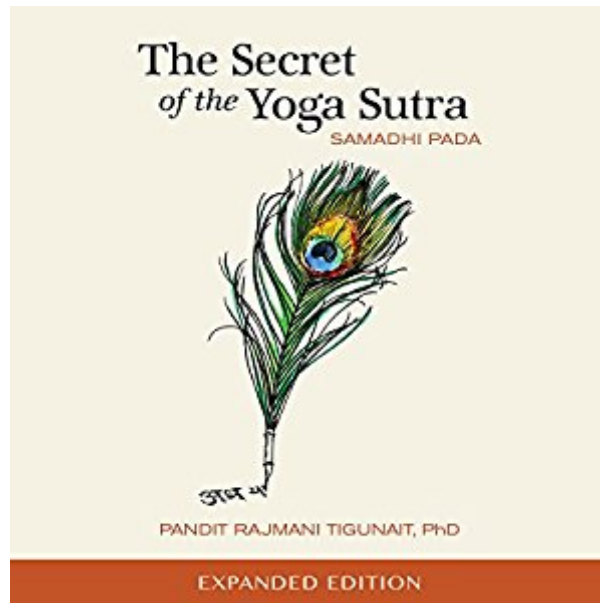




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The Secret Of The Yoga Sutra: Samadhi Pada



Synopsis

The Yoga Sutra is the living source wisdom of the yoga tradition. Using it as a guide, we can unlock the hidden power of yoga, and experience the promise of yoga in our life. The Yoga Sutra is as fresh today as it was 2200 years ago when it was discovered by the sage Patanjali. It is the first practitioner-oriented commentary which is fully grounded in a living tradition. By applying its living wisdom in our practice, we can achieve the purpose of life: lasting fulfillment and ultimate freedom.

Book Information

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Customer Reviews

This in one book with many other books within You will find as many layers as you need or as many as you can take its clarity is refreshing and allows for an intimacy that rarely is found in books of this sort

This interpretation of Patanjali's Yoga Sutras is primarily for advanced practitioners and/or students of Yoga, and it has extremely beneficial practices for anyone sincerely seeking to advance their practice.....It is concentrated information and it is good to read it more than once.....I've read it three times, and I will continue to read it over and over again !

One of the best reads in a long time! The principles are so universal and give me a greater understanding of the Yoga lifestyle and practices. I have not completed the book, yet I continue to hunger to continue as I incorporate these principles in my life!

good book for daily reflection

On my second reading. Way too much to absorb in one reading. Probably gonna take several readings just to scratch the surface of information here.

Only about a third of the way through. It is very accessible.

One of my favorite translations of the sutra. I only wish I could find the follow up books!

A very comprehensive interpretation - great book!

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