



Yoga Sutras of Patanjali: Nature of the Mind, the Universe, and the True Self

B. Ravikanth

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The Yoga Sutras is the foundational text on Yoga philosophy. This is the first book that explains both Sankhya and Yoga with beautiful illustrations, and concise, to-the-point commentary.

The science of Yoga is summarized in just 195 lines by the great sage Patanjali. It is built on the concepts developed by the earlier philosophy of Sankhya. This book doesn't assume any background knowledge of Sankhya or any eastern philosophy. All of the difficult Sankhya terminology and concepts are explained in an easy-to-understand manner with the help of full-color illustrations. Anyone with a basic working knowledge of the English language can read this book and can immediately begin applying it in their own life.

Features of this book:

- 1) A concise guide for learning the Yoga Sutras
- 2) Essential concepts and terminology in easy-to-understand language
- 3) Explanation of Sankhya philosophy underlying the Yoga Sutras
- 4) Innovative full-color illustrated format to aid understanding
- 5) Text, translation, and complete vocabulary
- 6) Glossary and index of important Sanskrit words

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