

The Yoga Sutras of Patanjali are 196 Indian sutras (aphorisms) that constitute the foundational text of Ashtanga Yoga, also called Raja Yoga. In medieval times, Ashtanga Yoga was cast as one of the six orthodox astika schools of Hindu philosophy.

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The Yoga Sutra, widely regarded as the authoritative text on yoga, is a collection of Learn more about the sutras and Patanjali, the sage who wrote them.

Yoga Sutras: Extensive practical explanations of the Yoga Sutras of Patanjali. List of all sutras of the Yoga Sutras: The interpretive translation below lists. Curious as to what Patanjali's Yoga Sutras actually are? Here's a great breakdown for you, so that they're less daunting and a little clearer. Check it out!.

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 are a practical textbook to guide your spiritual journey of remembering who you The Yoga Sutras were composed by man named Patanjali. The four chapters of Patanjali's Yoga-Sutra in a new, commented word-by-word translation by Dr. Ronald Steiner. Get a new perspective on yourself with the. Live a meaningful, ethical, and purposeful life by following Patanjali's Yoga Sutras. Sign up to start for day free trial and access the yoga sutras.

The Yoga Sutras has ratings and reviews. Liz said: I can't recall a time in my life where a required reading has changed my life immeasurably. The Yoga Sutras of Patanjali The Threads of Union Translation by BonGiovanni. 1. on Contemplations 2. on Spiritual Disciplines 3. on Divine Powers. The greatest classical text from the yoga school of Indian philosophy: The Yoga Sutras of Patanjali.

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