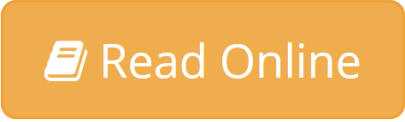



Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras


By Jaganath Carrera



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Inside the Yoga Sutras presents a clear, up-to-date perspective on this classic text of Yoga theory and practice.. This comprehensive sourcebook includes: commentary for each sutra, extensive cross referencing, a sutras-by-subject index, a study guide for both teachers and students, a word-for-word dictionary, hints for daily practice, and an enhanced glossary.

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Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras By Jaganath Carrera Bibliography

- Sales Rank: #28399 in Books
- Brand: Carrera, Jaganath, Reverend
- Published on: 2005-11-03
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .90" w x 6.00" l, 1.10 pounds
- Binding: Paperback
- 406 pages

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Editorial Review

Review

"*Inside the Yoga Sutras* invites us to take delight in Patanjali's Yoga Sutras, weaving truths with kind, humorous and authoritative writing". Nancy Miller, Ascent Magazine.

From the Back Cover

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"Applying the wisdom contained between these covers can make all the difference between a life of pain and one of joy. Reverend Jaganath takes lofty principles and explains them in a clear, modern language with practical examples we can understand. You will feel the author's sincerity and dedication to insights that transcend the ages but can make a difference now." Alan Cohen, author of *The Dragon Doesn't Live Here Anymore*.

About the Author

Reverend Jaganath has shared the joy and wisdom of the Yoga Sutras with thousands of students for over three decades. A direct disciple of Sri Swami Satchidananda, he has taught all facets of Yoga at universities, prisons, Yoga centers, and interfaith programs. He established the Integral Yoga Ministry and is founder and spiritual head of the Yoga Life Society. A senior member of the Integral Yoga Teachers Council, he co-developed the highly regarded Integral Yoga Meditation and Raja Yoga Teacher Training Certification programs.

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