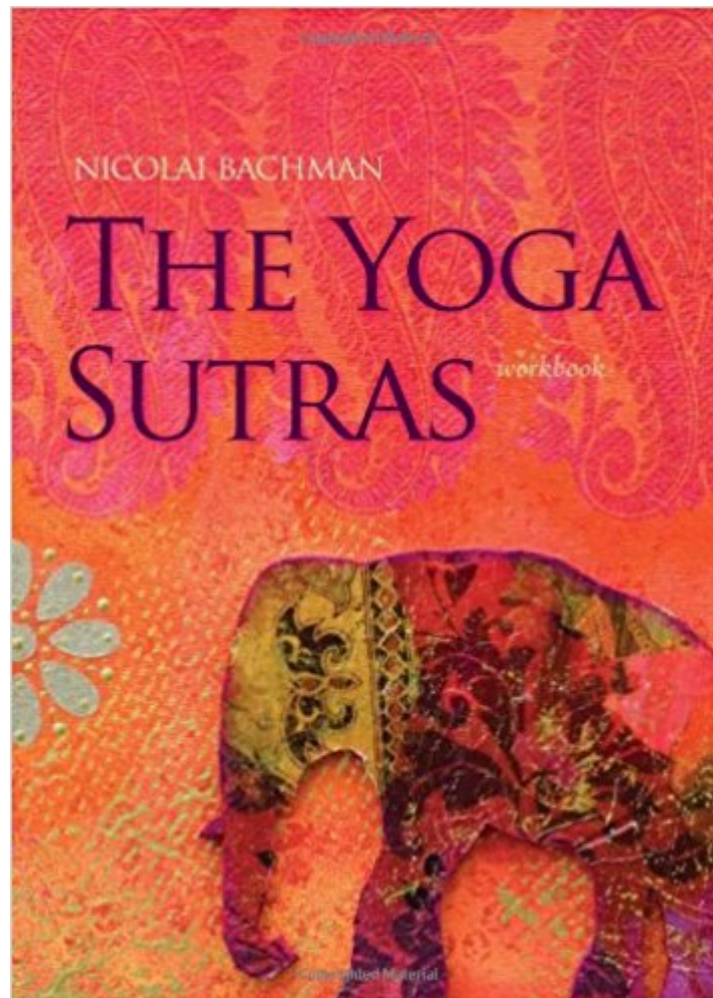




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# **The Yoga Sutras: An Essential Guide To The Heart Of Yoga Philosophy**



## Synopsis

We know there's more to the yogic path than asana, or physical postures, but how do we access the deeper wisdom of yoga philosophy? More than 2,000 years ago, the legendary master Patanjali answered this question in 195 pearls of insight known as the Yoga Sutras. Now Sanskrit and Ayurveda teacher Nicolai Bachman offers *The Yoga Sutras*, a complete course with a fresh new approach to working with Patanjali's seminal text for guidance and inspiration on your own journey toward clarity and happiness. Illuminating Wisdom for the Serious Yoga Student Why do we react the way we do in certain situations? How can suffering be an opportunity for growth? Why are nonviolence and truth important to a student? Patanjali's sutras offer an illuminating perspective on these questions and more. To help integrate this wisdom into our modern life, Bachman offers a unique approach.

## Book Information

Spiral-bound: 336 pages

Publisher: Sounds True, Incorporated; Com/Crds/P edition (February 28, 2010)

Language: English

ISBN-10: 1591797608

ISBN-13: 978-1591797609

Product Dimensions: 8.4 x 2.6 x 10.9 inches

Shipping Weight: 3.8 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 10 customer reviews

Best Sellers Rank: #1,077,504 in Books (See Top 100 in Books) #45 in [Books > Religion & Spirituality > Hinduism > Sutras](#) #2339 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #5321 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

## Customer Reviews

Nicolai Bachman Nicolai Bachman has been teaching Sanskrit, ayurveda, chanting, and yoga-related topics for over ten years. He studied extensively at the American Sanskrit Institute, VagYoga Institute in India, the American Institute of Vedic Studies, and the Ayurvedic Institute, receiving his MA in Eastern Philosophy from St. John's College.

EXTREMELY HAPPY WITH PURCHASE! Nothing else like it! I've wished for exactly this and here it is. You get so much more than a book. The product itself and all of it's contents are extremely attractive and well made. It arrives in a beautiful designer box containing; a superbly comprehensive

yet easy to understand workbook, enlightening study cards and 7 audio CD courses (sessions) on yoga knowledge. Each element of the set can be studied separately or together and come home to nest neatly within the main box. Form & function are excellent and ideal for use, storage, transport and even as art to be kept out in a room and invite exploration for many years to come. For what all you get and compared to costs associated with workshops and classes, the price is a bargain! This you can unfold again and again. The Yoga Sutras are revealed as 51 terms/concepts that are important to a deep understanding of what yoga really is. Each concept has a card with thoughts related to it, a lecture on one of the CDs, and a full commentary in the workbook about that concept. For easy and practical reference - included is a full translation with literal translation, simplified translation, original Sanskrit including transliteration, individual word meanings and sutra meanings of each divine thread. I highly recommend this "essential guide to the heart of yoga philosophy". It's perfect for anyone interested in or teaching yoga.

Totally worth the money. I love the Sutras and this is a great resource! Its so well packaged and quite beautiful to look at, let alone study.

So comprehensive and easy to navigate. Great for guiding group study. (This thing says I need more words to submit a review- there I'm done)

LOVE this box set of CDs, cards and workbook. Looking forward to attending a workshop with Mr. Bachman in the future!

Well written

Excellent resource.

Nicolai really makes this easy to understand without watering it down. Well done.

This is a good interpretation of the Sutras.

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