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Yoga Link – June (Winter) 2011 1 Light on the Yoga Sutras of Patanjali II.52 tatah ksiyate prakasa avaranam tatah from that, then ksiyate destroyed, dissolved prakasa light avaranam covering Pranayama removes the veil covering the light of knowledge and heralds the dawn of wisdom.

BKS IYENGAR Light on the Yoga Sutras of Patanjali

2 – Light On The Yoga Sutras by B.K.S. Iyengar . Written by the world-renowned yoga teacher, founder of Iyengar yoga, and author of “Light On Yoga,” B.K.S. Iyengar gives a detailed and thorough explanation and background of not just the Yoga Sutras but also the philosophy behind the teachings.

The Yoga Sutras Explained: Ancient Wisdom To Help You ...

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Bhagavad-gita and the Yoga Sutras were and are being translated by many writers. Each translator has a motive. If the reader is naive, he can hardly sort between the intentions of the original writer and the agenda of the translator. I was prompted to attempt this translation by Sir Paul Castagna, but I

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The yoga philosophy was first described in the 'Yoga Sutras', a collection of aphorisms offered more than 2,000 years ago by the Indian sage, Patanjali. The Sutras were the earliest – and are still the most profound and enlightening – study of the human psyche. In them, Patanjali describes the enigma of human existence.

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About the Book : Light On The Yoga Sutras Of Patanjali is one of the few authentic and legitimate self-help books exclusively for the ancient Indian art of Yoga

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Light on the Yoga Sutras of Patanjali – HarperCollins

The Yoga S tra of Patañjali is a collection of 195 Sanskrit sutras on the theory and practice of yoga. The Yoga Sutra was compiled sometime between 500 BCE and 400 CE by the sage Patanjali in India who synthesized and organized knowledge about yoga from much older traditions. The Yoga S tra of Patañjali was the most translated ancient Indian text in the medieval era, having been translated ...

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