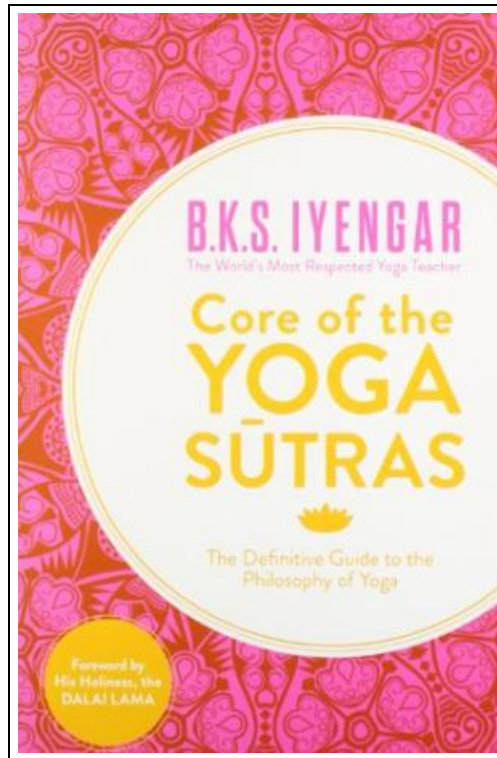


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Harpercollins Publishers India Pvt. Ltd., Noida, India, 2013. Soft cover. Book Condition: New. A Wonderful Introduction To The Spiritual Philosophy That Is The Foundation Of Yoga Practice. The Latest Work From B.K.S. Iyengar, The World's Most Respected Yoga Teacher. Foreword From His Holiness The Dalai Lama & Preface By Shri Murali Manohar Joshi. B.K.S. Iyengar Has Devoted His Life To The Practice And Study Of Yoga. It Was B.K.S. Iyengar's Unique Teaching Style, Bringing Precision And Clarity To The Practice, As Well As A Mindset Of 'Yoga For All', Which Has Made It Into A Worldwide Phenomenon. His Seminal Book, 'Light On Yoga', Is Widely Called 'The Bible Of Yoga' And Has Served As The Source Book For Generations Of Yoga Students Around The World. In 'Core Of The Yoga Sutras', He Applies This Same Clarity To The Philosophical Core Of Yogathe Yoga Sutras Of Patanjali. The Yoga Sutras Of Patanjali Are 196 Aphorisms Forming The Foundational Text Of Yoga Philosophy. Each Sutra Is Short And To The Point Each Being Only A Line Or Two Long. B.K.S. Iyengar Has Translated Each One, Providing An Insightful Commentary And Explanation For Modern Readers, As Well As Linking The Various Themes Throughout The Sutras To One Another. Each Sutra Is Presented As Sanskrit Text, Transliteration And English Translation, Followed By B.K.S. Iyengar's Unique Commentary And Authority Only He Can Bring To The Work. B.K.S. Iyengar's Insight On The Sutras Show The Reader How We Can Transform Ourselves Through The Practice Of Yoga, Gradually Developing The Mind, Body And Emotions, So We Can Become Spiritually Evolved. Page Extent: 320.



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