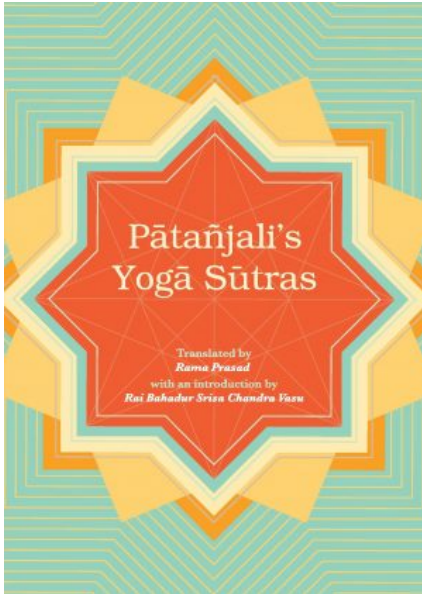


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Patanjali's Yoga Sutras with the Commentary of Vyasa and the Gloss of Vachaspati Misra



About the Book

Patanjali's Yoga Sutras is one of the six darsanas of Ancient Indian Philosophy. This edition comes with a commentary of Vyasa and the gloss of Vachaspati Misra. The book explores the fact that Yoga is an ancient Indian art which has a greater relevance in today's lifestyle. Apart from a holistic exercise for toned body muscles which also relieves physical pain, Yoga means to bind, reducing mental stress and centring mind and body. The main motive of the book is to guide the reader to Self realization. This English translation is invaluable because it retains the original Sanskrit text. This present edition has been freshly recomposed with the main objective to provide a better printed text to the readers.

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