



# The Spirit of Yoga: A Unique Journey Through the 8 Limbs of the Yoga Sutras

*Cat de Rham*

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## **The Spirit of Yoga: A Unique Journey Through the 8 Limbs of the Yoga Sutras** Cat de Rham

Structured around the eight limbs identified in the yoga sutras of Pantanjali, this highly accessible approach leads you from Yama, the practice of universal ethical disciplines, right through to Samadhi, union with the Supreme Being. Throughout, the authors share personal hints and practical tips on how Pantanjali's beautiful teachings translate into both the practice of yoga and our everyday lives.

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