



The Yoga Sutras of Patanjali

Patanjali, Charles Johnston

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This valuable book provides a complete manual for the study and practice of Raja Yoga, the path of concentration and meditation. These timeless teachings are a treasure to be read and referred to again and again by seekers treading the spiritual path. The classic Sutras (thought-threads), at least 4,000 years old, cover the yogic teachings on ethics, meditation, and physical postures, and provide directions for dealing with situations in daily life. (Text refers to a previous edition)

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