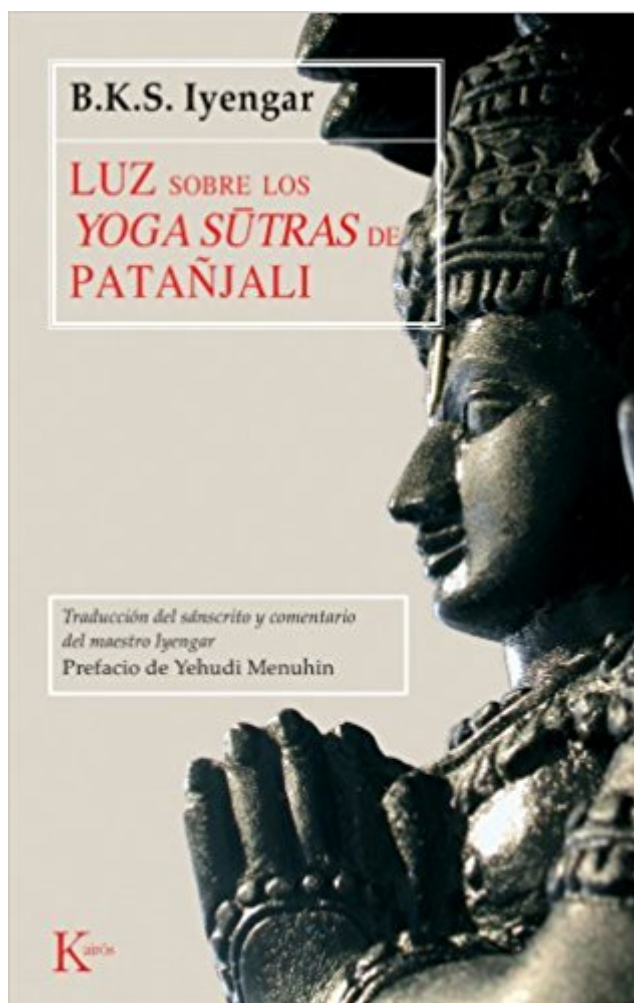




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Luz Sobre Los Yoga Sutras De Patanjali (Spanish Edition)



Synopsis

Written by Patanjali more than 2,000 years ago, this collection of sutras is the earliest and most revered holy reference on the practice of yoga, containing nearly 200 aphorisms filled with wisdom on the practice. In this expanded edition, renowned yoga instructor B. K. S. Iyengar translates the sutras from the original Sanskrit and provides his own insightful commentary for the modern reader. Readers learn how they can transform themselves through the practice of yoga, gradually developing their body, emotions, and mind to become spiritually evolved. Practitioners of yoga and all those interested in eastern philosophy have here an excellent resource. Escrita por Patanjali hace más de 2.000 años, esta colección de sutras es la más antigua y venerada referencia santa sobre la práctica del yoga, conteniendo casi 200 aforismos llenos de sabiduría sobre la práctica. En esta edición ampliada, el renombrado maestro de yoga B. K. S. Iyengar traduce los sutras del sánscrito original y provee su propio penetrante comentario para el lector moderno. El lector aprende cómo puede transformarse a través del yoga, gradualmente desarrollando su cuerpo, emociones y mente hasta cambiar espiritualmente. Los practicantes del yoga y aquellos interesados en la filosofía oriental tienen aquí un recurso excelente.

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