



Essence of Patanjali Yog Sootras: Course Manual (Paperback)

By Brijendra Robert William Eaton

Createspace, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A great course to begin to acquaint yourself with the complexity of the Patanjali Yoga Sutras in an easy to understand introduction with a description of the key topics and the terms that are used. This course manual includes an introductory overview and transcripts of seven talks recorded in the Himalayas that open your understanding of Patanjali Yoga Sutras, facilitating your practice of meditation. Graphic charts of some of the key topics are included to assist in your understanding and teaching of this system, as well as a glossary or some Sanskrit terms. For the complete course with audio CDs and certificate see.



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