

## *Light On The Yoga Sutras Of Patanjali*







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### **Light on the Yoga Sutras of Patanjali by B. K. S. Iyengar, Paperback | Barnes & Noble® - Online Bookstore: Books, NOOK ebooks, Music, Movies & Toys | Barnes & Noble®**

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same clarity to the philosophical core of yoga - the Yoga Sutras of Patanjali.

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The Sutras show the reader how we can transform ourselves through the practice of yoga, gradually developing the mind, body and emotions, so we can become spiritually evolved. The Sutras are also a wonderful introduction to the spiritual philosophy that is the foundation of yoga practise.

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**B K S Iyengar - References - Books : Gururji**

The "Yoga Sutras" are 196 aphorisms about yoga that were penned by a sage named Patanjali around 400 CE (i.e. AD.) Unless you're a Sanskrit scholar with expertise in the history of yoga and the region that birthed it, it's hard to gain anything from reading the Sutras directly.

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