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yoga sutras The Path of the Yoga Sutras The Yoga Sutras of Patanjali Os Yoga Sutras de Patanjali *The Essence of Yoga* Yoga Sutras of Patanjali

esta versión de los yogasutras de patanjali destaca por la claridad de su mensaje sin apenas tecnicismos esta obra recoge la esencia atemporal de la sabiduría hindú en cuatro capítulos y 195 versículos acompañados de bellísimas imágenes a todo color texto clásico fundamental do sistema filosófico do yoga verdadeiro tesouro para ser lido e relido por aqueles que buscam trilhar um caminho espiritual yoga sutras é mais do que um manual completo para o estudo e a prática do raja yoga ele é um norteador para conquistar concentração meditação e autorrealização o yoga uma das seis escolas da filosofia hindu nos apresenta textos clássicos teóricos e práticos os sutras clássicos com mais de 2 mil anos de existência ensinam nos as práticas yogues sobre ética meditação posturas físicas e nos direcionam com leveza para lidar com as situações do dia a dia os sutras são apresentados nesta edição na sua forma mais pura com o original em sânscrito e sua respectiva tradução feita por um respeitável e experiente mestre ricas em conhecimento e sabedoria as mensagens aqui presentes guiam a mente e a consciência em direção à felicidade à paz e à lucidez texto fundacional de todas las corrientes de yoga transmitido por el sabio patañjali hace dos mil años traducido y extensamente comentado por el maestro b k s iyengar yogasutra o los aforismos del yoga de patañjali es el texto fundacional de una de las seis escuelas canónicas de la filosofía india y por tanto la obra fundamental para entender esta antigua forma de pensamiento que hoy ha derivado en una disciplina físico espiritual practicada en todo el mundo se trata pues de un texto universal que va más allá de los presupuestos culturales y religiosos de la india y que ofrece un análisis exhaustivo de la mente y de su relación con el cuerpo los aforismos del yoga es una obra breve de carácter

filosófico e inspirador compuesta de 196 aforismos que describen el camino de la consciencia hasta el objetivo final de la liberación un clásico que ahora tenemos la suerte de recibir traducido y comentado directamente del sánscrito se trata por consiguiente de una incorporación de primer orden en la tradición filosófica y literaria en lengua española la philosophie du yoga fut exposée pour la première fois dans les yoga sūtra collection d aphorismes écrits il y a plus de deux mille ans par le sage indien patanjali les sūtra constituent la première enquête sur le psychisme humain patanjali y décrit l énigme de l existence humaine et indique comment nous sommes en mesure de nous transformer grâce à la pratique du yoga nous pouvons maîtriser notre mental et nos émotions et surmonter les obstacles à notre évolution spirituelle afin d atteindre le but du yoga kaivalya la libération vis à vis des désirs de ce monde et de nos actions et l union avec le divin les sūtra sont commentés par b k s lyengar à la lumière de sa propre sagesse et de son expérience il en résulte un ouvrage fort accessible qui sera d une grande aide aux étudiants de philosophie indienne et aux pratiquants de yoga the famous work on yoga by the indian author who lived between the third and fifth centuries a d with commentary by one of the teachers who first introduced yoga to the west this pocket edition offers a convenient format for this ageless guide and companion to the student on the yogic path includes the full text of this classic yoga work along with brief commentary from a revered master of raja yoga sobre la obra yoga sutras de patánjali versión rubén cedeño es la adaptación de una obra ancestral y magistral el primer tratado sobre el yoga y la meditación en la historia de la humanidad que además se ocupa de la desaparición de los vórtices mentales por medio del correcto uso de la mente tal es su veracidad acierto profundo contenido certeza y seriedad sobre este tema que es utilizado por la gran hermandad blanca para la formación de sus miembros y la instrucción de sus estudiantes expresa alice bailey los aforismos del yoga son la enseñanza básica de

la escuela transhimaláica a la cual pertenecen la mayoría de los maestros de sabiduría el maestro el tibetano afirma los aforismos del yoga de patánjali es siempre el libro de texto de los discípulos iniciados y adeptos porque allí se encuentran esas reglas y métodos que ponen a la mente bajo control estabilizan el cuerpo astral y desarrollan y refuerzan el hilo del alma a fin de que pueda ser un verdadero canal de comunicación entre el hombre y su ego ya en el bhagavad gita el propio señor krishna uno de los primeros seres internos desenvueltos en la historia de la humanidad menciona este libro el mismo consta de cuatro partes esta versión simplificada de la obra fue concluida por el autor en la ciudad de buenos aires en junio del año 2015 y fue publicada por fernando candiotto en editorial señora porteña buenos aires argentina con portada de juanita montealegre durante el mes de marzo del año 2019 el autor le hizo una corrección en cdmx méxico a truly beautiful and inspiring journey through the yoga sutras of patanjali el corazón de los yoga sùtras es un estudio de la esencia filosófica del yoga los yoga sùtras de patañjali 196 aforismos concisos e ilustrativos que constituyen el fundamento de la ancestral filosofía del yoga el maestro iyengar los acompaña de brillantes comentarios y explicaciones para que el lector y la lectora modernos comprendan hasta qué punto la práctica del yoga puede transformar la mente el cuerpo y el espíritu esta magnífica introducción a la filosofía espiritual fundamento de la práctica yóguica es una guía completa e instructiva útil tanto para los neófitos como para los profesores de yoga os yoga sutras de patañjali são um texto seminal da tradição dos vedas os livros sagrados da cultura hindu compilados há mais de 2 mil anos seus aforismos ainda hoje são a base para uma visão do yoga não como uma simples prática mas como o meio para alcançar a maior realização humana o autoconhecimento que leva à felicidade com o yoga que conduz à plenitude a professora gloria arieira faz uma tradução comentada desse texto milenar à luz de vedanta um ensinamento que vem sendo transmitido de mestre a discípulo desde tempos

imemoriais e cuja premissa básica propõe que você mesmo já é a plenitude que está buscando segundo a tradição védica tanto yoga quanto vedanta são necessários para a liberação enquanto vedanta é o conhecimento do absoluto yoga é o estilo de vida que conduz a ele preparando a mente para o autoconhecimento e para a solução do problema fundamental humano que é a visão de si mesmo como alguém inadequado e limitado através dessa obra você terá a chance de apreciar o ensinamento de sri patanjali essencial para a compreensão profunda da mente dos obstáculos que ela impõe ao crescimento pessoal e das possíveis estratégias para lidar com eles the volume one of the commentary on the yoga sutras of patanjali samadhi pada was published in 1984 and is available from the himalayan international institute of yoga science and philosophy route i box 400 honessdale pa 18431 usa it was highly acclaimed as a work of rare authenticity based on thirteen sanskrit commentaries synthesized and studied in the light of the oral tradition and direct personal experience in the master disciple lineage of the yogis the author is of the opinion that without such personal experience much of the terminology of the yoga sutras would remain obscure and any explanation of purely scholastic grounds would be incomplete the value of the present volume on the sadhana pada is further enhanced by adding the study of even more published sanskrit commentaries as well as unpublished manuscripts seven lengthy appendices add to the value of the work as the material presented in these appendices can be further researched and enhanced to form into independent theses the author makes certain that the works of the previous commentators be examined in the light of how the sutras are taught in the himalayan caves among those who practice the various methods and are initiated into them the yoga sutras are of ancient origin first reduced to writing by patanjali who is considered the founder of the raja yoga school control of the mind and its illumination by the soul are brought about through the practice of raja yoga this volume is a

paraphrase with commentary of the yoga sutras of patanjali en 195 aphorismes les yoga sutras de patanjali codifient l enseignement d une pratique traditionnelle plusieurs fois millénaire c est l esprit même du yoga qui se trouve ici décrit résumé en une série de remarques lapidaires et lumineuses vrai traité de connaissance de soi cet ouvrage est l un des textes majeurs de l humanité son message transcendant les siècles se révèle bien plus que moderne essentiel the yoga sūtras of patañjali are indian sūtras aphorisms that constitute the foundational text of yoga in medieval times yoga was cast as one of the six orthodox āstika schools of hindu philosophy the yoga sutras form the theoretical and philosophical basis of rāja yoga and are considered to be the most organized and complete definition of that discipline the sutras not only provide yoga with a thorough and consistent philosophical basis they also clarify many important esoteric concepts which are common to all traditions of indian thought such as karma traducción del sánscrito y comentario del maestro iyengar prefacio de yehudi menuhin la filosofía del yoga fue descrita por primera vez en los yoga sūtras una recopilación de aforismos transmitida hace más de dos mil años por el sabio indio patañjali estos sūtras constituyen el primer estudio de la psique humana y siguen siendo su exposición más profunda e iluminadora en ellos patañjali aborda el enigma de la existencia humana y muestra cómo a través de la práctica del yoga podemos autotransformarnos controlar la mente y las emociones superar los obstáculos de nuestra evolución espiritual y alcanzar la meta del yoga kaivalya la liberación del apego a los deseos y acciones mundanas y la unión con lo divino esta edición única contiene una nueva traducción de los sūtras y también un comentario a cargo del más importante maestro de yoga del mundo b k s iyengar que ha enriquecido el texto con su propia sabiduría y experiencia en la práctica del yoga el resultado es un libro útil y accesible de inmenso valor tanto para estudiantes de la filosofía índica como para los practicantes de yoga this is an

english rendering of the classical text on yoga and meditations that maintains the poetic forms of the sutras patanjali is to yoga what buddha is to buddhism his sutras scriptural narratives sometimes defined as literally the path to transcendence are a darshan or philosophical worldview and method to aid the awakening of self realization patanjali reveals a set of landmarks that enable practitioners to lift the veils and study the hidden self eventually following this path to enlightenment este libro es una colección de 195 sutras sánscritos aforismos sobre la teoría y la práctica del yoga el yoga sutra fue compilado en algún momento entre 500 ac y 400 dc por el sabio patanjali en la india quien sintetizó y organizó el conocimiento del yoga de tradiciones mucho más antiguas el yoga sūtra de patañjali fue el texto indio antiguo más traducido en la edad media habiendo sido traducido a unas cuarenta lenguas indias y dos lenguas no indias el antiguo javanés y el árabe a finales del siglo xix y principios del xx estaba en relativa oscuridad y regresó a finales del siglo xix fue fundada en el siglo xix debido a los esfuerzos de swami vivekananda la sociedad teosófica y otros recuperó importancia como un clásico de regreso en el siglo 20 en el siglo xix la historia muestra que la escena del yoga indio medieval estaba dominada por otros textos como el bhagavad gita y el yoga vasistha textos atribuidos a yajnavalkya e hiranyagarbha así como literatura sobre hatha yoga yoga tántrico y pashupata shaivism yoga y no el yoga sūtra de patañjali la tradición del yoga considera el yoga sūtra de patañjali como uno de los textos fundamentales de la filosofía clásica del yoga sin embargo la apropiación y malversación de los yoga sutras y su influencia en las sistematizaciones posteriores del yoga fueron cuestionadas por eruditos como david gordon white pero afirmadas por otros como james mallinson los estudiosos modernos del yoga como philipp a maas y mallinson consideran el comentario de bhasya sobre los sutras como el de patanjali y los sutras como su resumen de las cuentas de yoga más antiguas por lo tanto el documento combinado se considera como una sola obra

el pātañjalayogaśāstra one of the great gifts of the yogic path is that it returns us to a life of simplicity even as we go about our lives in a world of growing complexity through practice we ultimately find the freedom to be who we really are and allow others do the same this was patañjali s original intention when he penned his legendary sutras but when a text is over 2 000 years old important things can get lost in translation for today s yoga student looking to take their practice off the mat and into the world nicolai bachman presents the path of the yoga sutras by organizing the sutras into 51 core concepts that support the western student in germinating and blossoming these potent seed teachings bachman has created a breakthrough tool for integrating yoga philosophy and practice whatever your level of experience texto clássico fundamental do sistema filosófico do yoga verdadeiro tesouro para ser lido e relido por aqueles que buscam trilhar um caminho espiritual yoga sutras é mais do que um manual completo para o estudo e a prática do raja yoga ele é um norteador para conquistar concentração meditação e autorrealização o yoga uma das seis escolas da filosofia hindu nos apresenta textos clássicos teóricos e práticos os sutras clássicos com mais de 2 mil anos de existência ensinam nos as práticas yogues sobre ética meditação posturas físicas e nos direcionam com leveza para lidar com as situações do dia a dia os sutras são apresentados nesta edição na sua forma mais pura com o original em sânscrito e sua respectiva tradução feita por um respeitável e experiente mestre ricas em conhecimento e sabedoria as mensagens aqui presentes guiam a mente e a consciência em direção à felicidade à paz e à lucidez this valuable book provides a complete manual for the study and practice of raja yoga the path of concentration and meditation this new deluxe printing of these timeless teachings is 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 the sutras are presented here in the purest form with the original sanskrit and with translation transliteration and commentary by sri swami satchidananda one of the most respected and revered contemporary yoga masters in this classic context sri swamiji offers practical advice based on his own experience for mastering the mind and achieving physical mental and emotional harmony o livro apresenta compilações e transcrições do yoga sutras de patanjali adicionadas de ilustrações associadas e correlatas the aphorisms collected in this book first published in 1953 were composed by patanjali a great indian sage over 1 500 years ago and here translated into clear english prose the accompanying commentary interprets the sayings for the modern world and in doing so gives a full picture of what yoga is what its aims are and how it can be practised the yoga sutras of patanjali is one of india s finest sacred texts filled with ancient wisdom and understandings from a true devoted yogi this book will enhance your meditations and give you insights into the mind and the universe it will provide you with an understanding of indian spiritual understandings all profits from the sale of this book will go to the freeriver community project a project that aims to promote peace and harmony in the world to learn more about the project please visit the website freerivercommunity.com a classic work of indian philosophy that succinctly spells out how the mind works and what is needed to attain liberation compiled in the second or third century ce the yoga sutra is a road map of human consciousness and a particularly helpful guide to the mind states one encounters in meditation yoga and other spiritual practices it expresses the truths of the human condition with great eloquence how we know what we know why we suffer and how we can discover the way out of suffering chip hartranft s fresh translation and extensive lucid commentary bring the text beautifully to life he also provides useful auxiliary materials including an afterword on the legacy of the yoga sutra and its relevance for us

today durante milênios esta série fascinante de sutras ou aforismos do yoga escritos pelo sábio indiano patanjali impressionou tanto eruditos quanto místicos agora esses textos vigorosos surgem na forma de um manual prático e conciso que conduz sem dificuldade todos os interessados por essa sabedoria atemporal este livro é o resultado da confluência filosófica de três grandes mestres do yoga patanjali apresentou os como um sistema de contemplação interior prática meditativa e ética paramhansa yogananda revelou com profundo discernimento o significado por trás dos aforismos e swami kriyananda compilou as explicações de seu guru numa apresentação clara e sistemática

please note we can't take uk web orders at this time but further information can be obtained by emailing info@continuumbooks.com us web orders are available now the yoga sutras of patanjali is the first yoga text preserved in its entirety written around 300 or 400 ad this book consists of 195 short aphorisms that constitute a masterful synthesis on the structuring functions and states of the mind as well as an accurate guide on the practice of yoga book i samadhi pada this book is a study guide for the first of the four books of the yoga sutras of patanjali it contains the original sanskrit text with transliteration english translation and a word by word breakdown of the translation there is a thorough commentary on each sutra which is based firmly in classical yoga yet written with the western student in mind there is an introduction and a comprehensive glossary of the sanskrit terms used in the text providing a complete manual for the study and practice of raja yoga the path of concentration and meditation a new deluxe printing of a collection of timeless teachings is a treasure to be read and referred to again and again by seekers treading the spiritual path reprint los yogasutras de patanjali contienen la esencia de la sabiduría atemporal la cual impregna y trasciende todas las escuelas y todos los sistemas de creencias son una herramienta incomparable que ayudará al meditador astuto a identificar las trampas y los obstáculos del sendero indicándole también cómo

superarlos la presente edición distinta a todas las demás publicadas hasta ahora intenta resaltar la claridad de este texto inspirado a fin de que pueda ser saboreado en esos momentos de paz cada vez más escasos para la mayoría de los occidentales the landmark scripture on classical yoga these aphorisms by the sage patanjali constitute a complete course in the philosophy of yoga and the attainment of self realization sanskrit and yoga scholar nicolai bachman brings yoga teachers and students an in depth resource for accessing understanding and practicing the core spiritual teachings of patanjali s yoga sutras includes all the sanskrit color illustrations and a full explanation of each concept those who love the physical practice of yoga its postures movements and breathwork often find themselves seeking its deeper spiritual wisdom more than 2 000 years ago the legendary master patanjali illuminated the way with 195 pearls of insight known as the yoga sutras with this indispensable and beautifully illustrated resource sanskrit and yoga philosophy teacher nicolai bachman brings us a modern practical guide to patanjali s foundational masterpiece why do we react the way we do in certain situations how can suffering be an opportunity for growth why are nonviolence and truth so important to students and society patanjali s sutras shine a timeless light on these questions and more to help us truly understand what yoga is bachman focuses on 51 key concepts explains each one in great detail and poses ways to contemplate and experience them in our own lives this comprehensive work also includes a concise history of yoga and the sutras a full translation of every sutra several color illustrations of important process flows a large glossary of sanskrit terms and many learning exercises whether you re a seasoned instructor or a student looking to go further in your practice the yoga sutras desk reference offers a treasury of teachings to discover the outer joy and inner happiness of yoga the yogasutras of patanjali contains the essence of timeless wisdom which permeates and transcends all schools and all belief systems they are an

incomparable tool that will help the astute meditator identify the pitfalls and obstacles of the path also telling him how to overcome them this edition unlike all the others published so far attempts to highlight the clarity of this inspired text so that it can be savored in those moments of peace which are increasingly scarce for most westerners

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