

# Yoga-Sutra de Patanjali

Written more than two millennia ago, Patanjali's work focuses on how to attain the direct experience and realization of the innermost individual self, or soul. Its 195 aphorisms are an accurate yoga practice guide and it is considered a seminal work of this discipline.

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## **Patañjali — Wikipédia**

Bibliographie. Rama Prasada, Patanjali's Yoga-Sutra, with the commentary of Vyasa and the gloss of Vachaspathimiçra, Allahabad 1910. J-H. Woods, The Yoga-System of ...

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## **¿Quieres conocer un poco sobre la filosofía del yoga? Yoga**

...

El Yoga Sutra es la base filosófica del Yoga. Consiste en 196 sūtras (aforismos) y es una de las seis dārsanas o doctrinas existentes en el hinduismo.

## **Yoga Sutra di Patanjali – Il Giornale dello Yoga**

Nello Yoga Sutra, Patanjali fornisce al praticante le tecniche e le conoscenze necessarie ad entrare in contatto e ricongiungersi con....

## **Yogasutra – Wikipedia**

Das Yogasutra (Sanskrit: योगसूत्र योगasūtra n. „Yogaleitfaden“) ist ein zentraler Ursprungstext des Yoga. Es wurde von Patañjali verfasst.

## **Welcome to Patanjali International Yoga Foundation**

PATANJALI YOGA TEACHERS. Dr. Jitendra Das has studied and practiced Yoga, Ayurveda and

Vedic scripture at school and University, as well as with senior Indian masters.

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