Book Information Sheet

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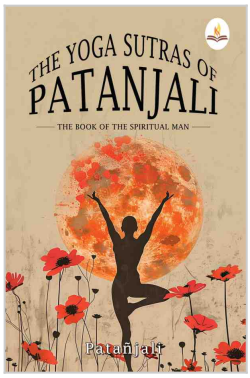

The Yoga Sutras of Patanjali: The Book of the Spiritual Man

Author: Patanjali

Publisher: Prints Publications Pvt Ltd

Product Specification

Publisher	Prints Publications Pvt Ltd
ISBN-13	9789366979762
Binding	paper_back
Number of Pages	88
Language	english
Dimension	5.5''*8.5''
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Subject	Classic Fiction
Availability	1

Price

Price (INR):	**₹ 150**
Discounted Price (INR):	**₹ 135**
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About the Author

Patanjali

Patanjali is one of the most revered sages in Indian philosophy and is best known for his foundational work, the Yoga Sutras, which form the cornerstone of Raja Yoga (the “royal path” of meditation). Little is known about Patanjali’s life, and there is some debate among scholars as to when he lived, but his contributions to philosophy, especially in the areas of yoga and language, have left an indelible mark on Indian spiritual and intellectual traditions. Patanjali remains a central figure in the history of Indian philosophy and spirituality.

Product Description

The Yoga Sutras of Patanjali: The Book of the Spiritual Man is a translation and commentary on the Yoga Sutras, attributed to the ancient Indian sage Patanjali, who is believed to have lived around 200 BCE to 400 CE. The Yoga Sutras is one of the most important texts in the philosophy and practice of yoga, outlining the path of mental discipline, ethical conduct, and meditation leading to self-realization and liberation (moksha). Patanjali's sutras form the foundation of classical Raja Yoga, or the "Royal Path" of meditation.