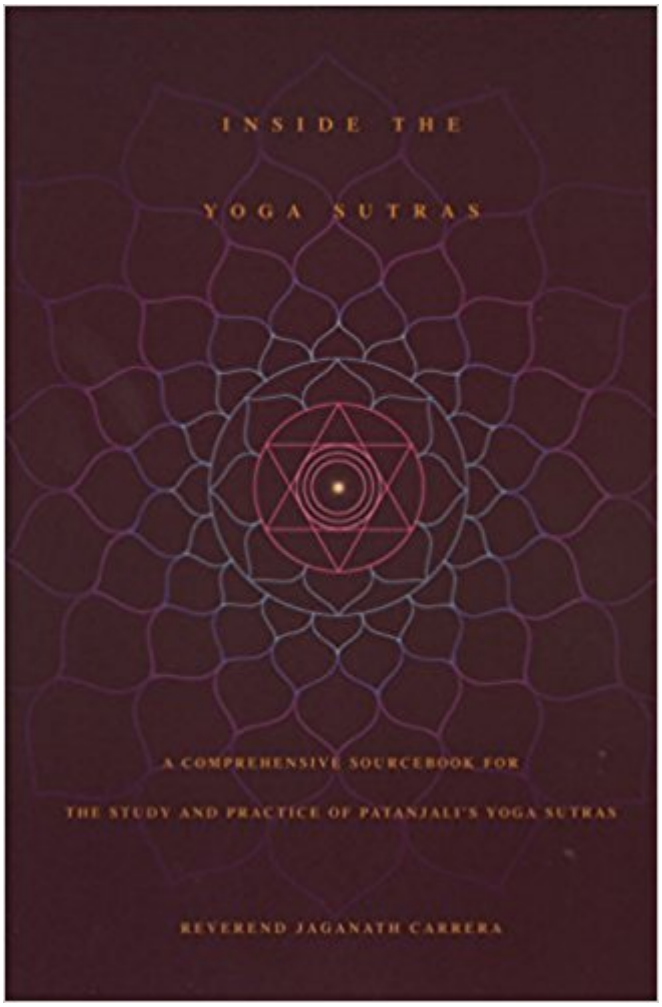
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Inside The Yoga Sutras: A Comprehensive Sourcebook For The Study & Practice Of Patanjali's Yoga Sutras



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Synopsis

Inside the Yoga Sutras presents a clear, up-to-date perspective on this classic text of Yoga theory and practice.. This comprehensive sourcebook includes: commentary for each sutra, extensive cross referencing, a sutras-by-subject index, a study guide for both teachers and students, a word-for-word dictionary, hints for daily practice, and an enhanced glossary.

Book Information

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Customer Reviews

"Inside the Yoga Sutras invites us to take delight in Patanjali’s Yoga Sutras, weaving truths with kind, humorous and authoritative writing".Ã Â Nancy Miller, Ascent Magazine.

"Patanjali was really with him when he wrote this book." Sri Swami Satchidananda"Reverend Jaganath’s commentary on the Yoga Sutras of Patanjali is without compromise or condescension. Each word is harvested in the fields of insight as well as inspiration. This book is a ’must-have’ reference for all scholars of Yoga." Sharon Gannon, co-author, Jivamukti Yoga - Practices for Liberating Body and Soul."Applying the wisdom contained between these covers can make all the difference between a life of pain and one of joy. reverend Jaganath takes lofty principles and explains them in a clear, modern language with practical examples we can understand. You will feel the author’s sincerity and dedication to insights that transcend the ages but can make a difference now." Alan Cohen, author of The Dragon Doesn’t Live Here Anymore.

I bought this book after buying two other books on Patanjali’s Yoga Sutras. The other interpretations

of this work were....cold...and had little heart, but this book is the complete opposite. Insightful, warm, inviting, and much less 'harsh' than many other translations. Reading this book was the first time I was able to truly connect to and understand the Sutras.

I love how Jaganath Carrera expresses himself, and his interpretation and commentaries on the beloved Sutras.When I first began studying the Yoga Sutras, I only had one book, another commentary. I didn't realize the value of having multiple books to aid in understanding the Sutras. Carrera's book is one I go to first for clarification. Highly recommend!

This book is easy to understand and it doesn't water down the teaching, majorly! It's perfect for student in teacher training or seasoned teachers who would like a way to bring the sutra's into their class! Concepts that I've striggled to explain to students or give dharma talks about make more sense now, in a less metaphysical way and a more realistic way. This book is a simple, inspiring, and engaging read. The author did an excellent job bringing Sri Swami Satchiananda's classic commentary back to life and applible in the modern day! It gave me so many ideas for themes! I highly enjoyed this and will be rereading! A lot.

I required this book for a 200 hour yoga teacher training; I teach yoga philosophy. What I found, is that though the book is a wealth of information and offers deep insight on the sutras, it is not necessarily a book for first time readers of the sutras. My students "got through" it but were left perplexed often. I actually would recommend this book more for a 300 hour training as further study into the depths of the sutras. The book as a whole, however, is very well done. The commentary is fitting and understandable. For those who have read the sutras and want a deeper immersion - this book is for you. I believe newcomers to the writings of Patanjali would be better suited with a different version.

Not an easy reading! But a good book for someone who wants to know more about the sutras in a more deep knowledgeable perspective way

Inside the sutras in required reading for my YTT 220 hr classes but its a little hard to follow . Ok its really hard but thank god i will have it explained to me through my teacher . I wouldn't embark on this on unless you have a teacher that can dissect it for you.

Reverend Carrera Studied with Swami Satchidananda for many years and the wisdom of Satchidananda who guided him in writing this book shines through. However, for those new to the scriptures of Patanjali (one of the oldest Indian philosophers) this book is great since makes a much simpler read because it is filled with modern day examples that help explain the teachings so that the does not get confused and helps the novice reader comprehend the teachings more easily.

Thorough guide book

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