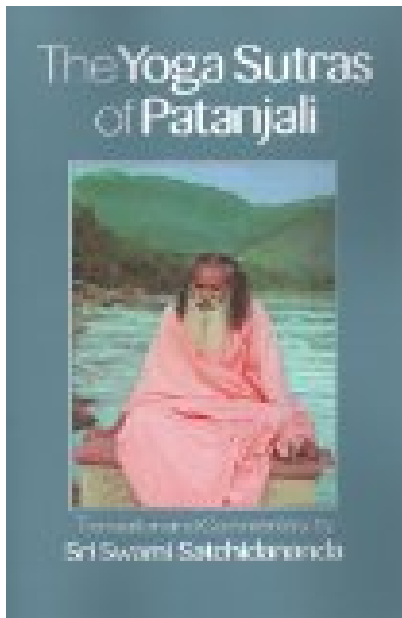


# The Yoga Sutras of Patanjali

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## BOOK DETAILS

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- Pages : 272 Pages
- Publisher : Integral Yoga Publications
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## BOOK SYNOPSIS

The Yoga Sūtras of Patañjali are 196 Indian sūtras (aphorisms) that constitute the foundational text of Ashtanga Yoga, also called Raja Yoga. In medieval times, Ashtanga Yoga was cast as one of the six orthodox āstika schools of Hindu philosophy.

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