



The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy

Nicolai Bachman

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We know there's more to the yogic path than asana, or physical postures, but how do we access the deeper wisdom of yoga philosophy? More than 2,000 years ago, the legendary master Patanjali answered this question in 195 pearls of insight known as the Yoga Sutras. Now Sanskrit and Ayurveda teacher Nicolai Bachman offers *The Yoga Sutras*, a complete course with a fresh new approach to working with Patanjali's seminal text for guidance and inspiration on your own journey toward clarity and happiness. *Illuminating Wisdom for the Serious Yoga Student* Why do we react the way we do in certain situations? How can suffering be an opportunity for growth? Why are nonviolence and truth important to a student? Patanjali's sutras offer an illuminating perspective on these questions and more. To help integrate this wisdom into our modern life, Bachman offers a unique approach.

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