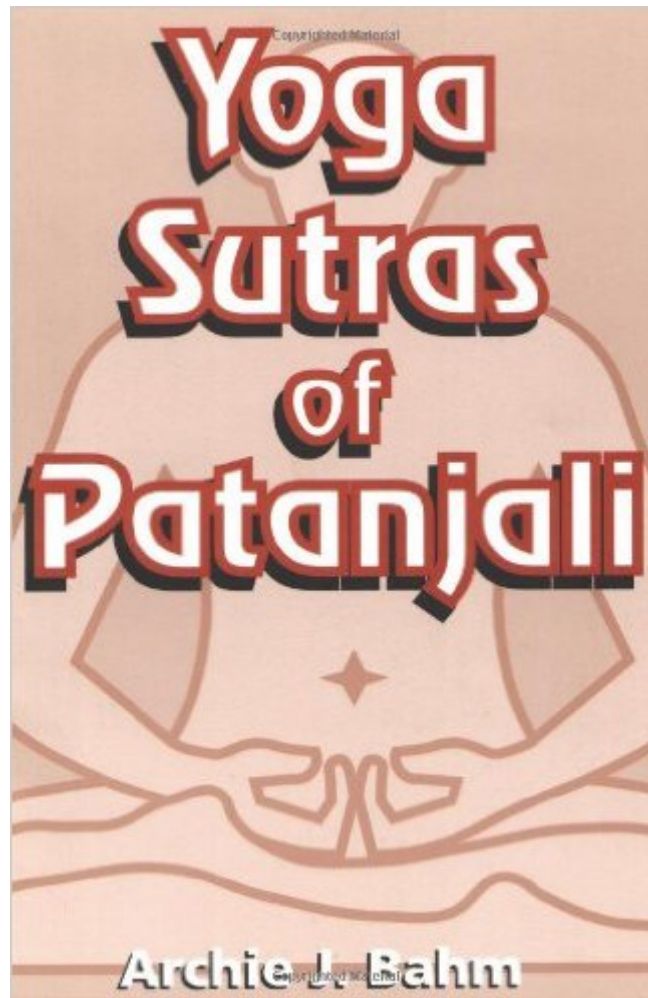


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The sutras of Patanjali, who is considered to be the first systemizer of Yogic thought, are presented in clear, simple language, with a succinct comment on each. The author shows that the beauty and psychological insight of Yogic thought is available to everyone. This book will interest the newcomer to Yoga as well as the seasoned practitioners of the philosophy.

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