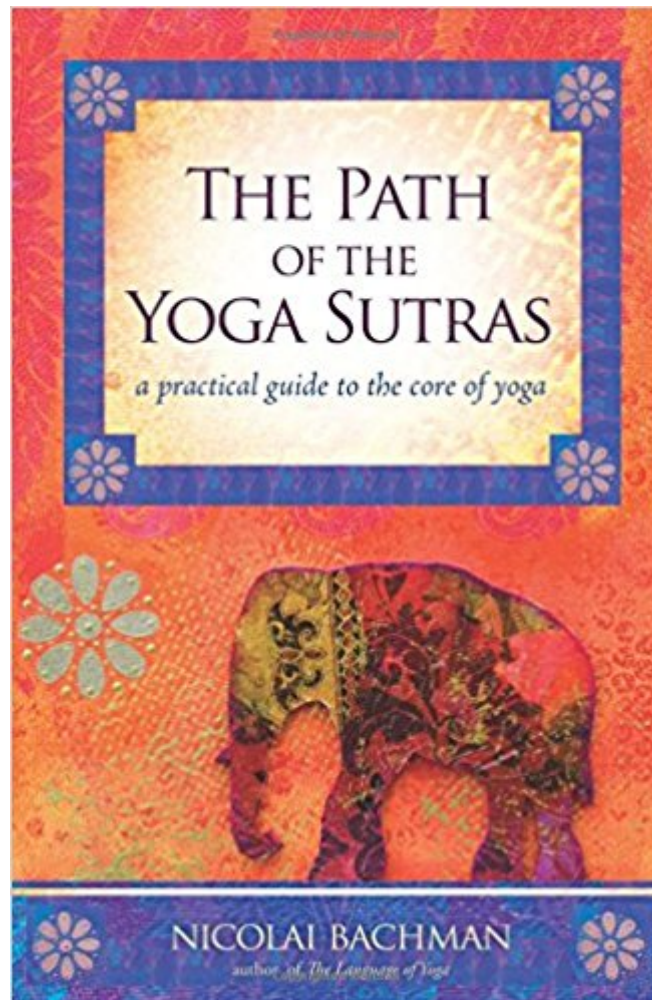




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# The Path Of The Yoga Sutras: A Practical Guide To The Core Of Yoga



## Synopsis

One of the great gifts of the yogic path is that it returns us to a life of simplicity, even as we go about our lives in a world of growing complexity. Through practice, we ultimately find the freedom to be who we really are, and allow others do the same. This was Patanjali's original intention when he penned his legendary sutras. But when a text is over 2,000 years old, important things can get lost in translation. For today's yoga student looking to take their practice off the mat and into the world, • Nicolai Bachman presents *The Path of the Yoga Sutras*. By organizing the sutras into 51 core concepts that support the Western student in germinating and blossoming these potent "seed" teachings, Bachman has created a breakthrough tool for integrating yoga philosophy and practice, whatever your level of experience.

## Book Information

Paperback: 296 pages

Publisher: Sounds True; 1 edition (August 1, 2011)

Language: English

ISBN-10: 1604074299

ISBN-13: 978-1604074291

Product Dimensions: 0.8 x 5.5 x 8.5 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 53 customer reviews

Best Sellers Rank: #23,577 in Books (See Top 100 in Books) #51 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism #61 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

Author Nicolai Bachman came to study the Yoga Sutras from a background in yoga asana (postures), meditation, and an expert knowledge of Sanskrit language. In his introduction to *The Path of the Yoga Sutras*, he provides background information about Patanjali, the Yoga Sutras, and yoga as a method of transforming the way we think, communicate and act, by directing our attention inward and cultivating contentment, clarity, and peace of mind. His approach is refreshing. Rather than commenting on 195 sutras consecutively, he offers 51 concepts in five parts: key principles, understanding suffering, outer behavior, personal practices, and inner development. Each concept is explained in a chapter. While the concepts can be understood singly, the chapters are ordered so that the concepts reinforce and build upon each other, and reading the book this way is

beneficial. Language lovers will delight in the derivations and breakdowns of the Sanskrit words for the concepts in *The Path of the Yoga Sutras*.... Author Bachman asserts, "Yoga... is all about independent thinking." *The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga* is for everyone who is willing to contemplate and apply today the principles Patanjali provided so long ago. —NY Journal of Books

Nicolai Bachman Nicolai Bachman has been teaching Sanskrit, ayurveda, chanting, and yoga-related topics for over ten years. He studied extensively at the American Sanskrit Institute, VagYoga Institute in India, the American Institute of Vedic Studies, and the Ayurvedic Institute, receiving his MA in Eastern Philosophy from St. John's College.

I am really really glad I read this book. After reading Swami Satchidananda's book on the sutra's I still had some questions. I think this author really does a great job of explaining yoga concepts and sanskrit terms and now I feel like I have a decent grasp on how to understand both yoga and the sutras. As far as I can tell, this author has to have "walked the walk" otherwise he wouldn't have been able to explain things as well as he does. I look forward to reading other books on the sutras of course, but I feel I have a much better handle on what is going on after reading this book. It was well worth the money.

This book was absolutely life changing for my practice in yoga! It has taken my personal practice to a whole new level of commitment, understanding, and has given me guidance on meditation and how to live my life to be more fulfilling. I truly enjoyed reading this book, and appreciate how practical it is to apply the sutras in our highly materialistic/stressful culture. I was able to reach new bounds in healing through meditation, and experienced contentment in my abilities with the asana practice and applied that in other aspects of my life (to include work, relationships, and in understanding those around me). I'm definitely going to be re-reading this book in the near future! Much appreciation and respectful blessings sent to Nicolai Bachman for projecting Patanjali's work in a practical guide that is an enjoyable read!

I read *The Path of the Yoga Sutras* in school and again during yoga teacher training. Reading the second time gave me a better understanding of what the book is about. Reading each chapter and then answering the questions at the end or doing the exercise gave me a better understanding of myself. I was surprised at how different my answers were the second time I read the book. It makes

you think about your life and the choices you make on a deeper level. It is a book that I will read over and over and believe each time I read it my answers will be different. This book is for anyone who wants to get to know themselves on a deeper level and is not afraid of what may find out about them.

The Path of the Yoga Sutras, for me, has been one of the most important books I've read so far in my pursuit of yoga knowledge. The Yoga Sutras themselves were difficult for me to wrap my head around, but Bachman provides an easy to understand, simplified description of each of the sutras, helping even the newest of students to begin on their yogic path. Each chapter is short and concise, and begins with the Sanskrit word along with a quote to open the chapter. I'm thrilled to have this book on my shelf and plan to refer back to it for years to come.

I am in yoga teacher training and understanding the yoga sutras is sometimes difficult. Bachman's book is one of the best for explaining and clarifying the sutras. I highly recommend this book to anyone who is interested in being able to understand and apply the wisdom of the sutras.

This is a wonderful book to guide you through the sutras in a completely different way. Rather than taking each sutra and trying to explain it, Bachman explains the meaning of Sanskrit words that run throughout the sutras and in doing so, explains the sutras in a way that I think is more accessible and understandable. I like the way he repeats providing the meaning of the words throughout the text, because it takes repetition to begin to incorporate their meanings. He also provides an excellent and straightforward discussion of the Yamas and Niyamas. Bachman's book The Language of Yoga was one of my favorite yoga books already and now this one is too.

I have read another very cumbersome translation of Pantanjali's yoga sutras. This translation by Nicolai Bachman is easy to read. I like that he drills deeper with his thoughts and ideas at the end of each section.

Although I've been studying the Yoga Sutras for the past 5 years from virtually the same format, Mr. Bachman's book gave me a fresh look. It is another path up the same mountain reaching the same summit...just with a different view. I really appreciated the Sanskrit words with their meaning repeated over and over so that I could get better insight into their deeper and more subtle meanings in contexts I can and do use every day. What a gift! I was so impressed I purchased his whole

program of The Yoga Sutras:an essential guide to the heart of yoga philosophy complete with many cd's, workbook and flash cards just to round out the training and teaching I already have.

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