



The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga

Nicolai Bachman

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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.

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From Reader Review The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga for online ebook

Elizabeth C. Haynes says

Just excellent. One of the best yoga books I've read. Will refer back to it again and again.

Fran T says

Excellent presentation of the Yoga Sutras. This book is very well written and comprehensive. I've gained much knowledge and insight from Nicolai Bachman's writing on the Sutras. I highly recommend this book for anyone who practices yoga at any level.

Jzak12 says

Great choice for beginners to get an understanding of the yoga sutras.

Uschi says

Easy to read explaining the yoga sutras.

Josh says

So good. I've ingested lots of material and only after reading this did I realize that my knowledge had been so lacking in structure and scaffolding. Nicolai expertly connects all the principles in a very readable form, while preserving the integrity of the Sutras - it's very clear where he is inserting his voice.

Amy Boogie King says

1/29 - I've gone through 4 chapters and my Sutra class is tonight. This is an excellent easy way to get into the sutras. I've read them in other translations but this is a great intro. It's not following the sutras bit by bit but it's tying it all together. Our teacher is giving us the sutras each chapter pertains to as we go through. Not that I think you have to have that to get an understanding. At the end of each chapter there are "thoughts" that summarize the chapters and exercise for you to do. Going through one chapter a week throughout the year is going to be fabulous in this manner.

I finished this book with the group and read through once more. Now, I'm through it slowly in conjunction

with 2 other yoga sutra books making study notes.

Denise Tarasuk says

My favorite! Really great. The Path of the Yoga Sutras is a book I could not put down. But in having said this, I did not want to hurry. I wanted to savor each paragraph and each chapter. This special book is filled with heart! Enjoy!

Justin says

Well written but not too different from similar books

Kris says

Bachman makes the Yoga Sutras easy to understand and bring into your life. A short read explains the Sutra and prepares the practitioner to practice the thoughts and guides that follow.

Jennifer says

Yoga Philosophy for the West

Sacrificing accuracy for applicability, Nicolai Bachman summarizes the key concepts of yoga philosophy in a modern context. The structure lends it self easily to a thought per day (or week) that can influence how we engage the world.

Maddison says

Beautiful explanations. You truly will learn something about yourself.

Kelly says

Last one for 2015!

Jill says

Read slowly. Take in a chapter, then let it settle, think about it. Absorb this book slowly. It is transformative.

Julie Andrews says

A good companion to the yoga sutras of Patanjali.

julia says

I read this as part of my training in becoming a certified yoga instructor, and found it to be very helpful on a spiritual, personal level. Further, when people ask me questions about yoga's spiritual aspects, I will be able to provide more thorough answers.
