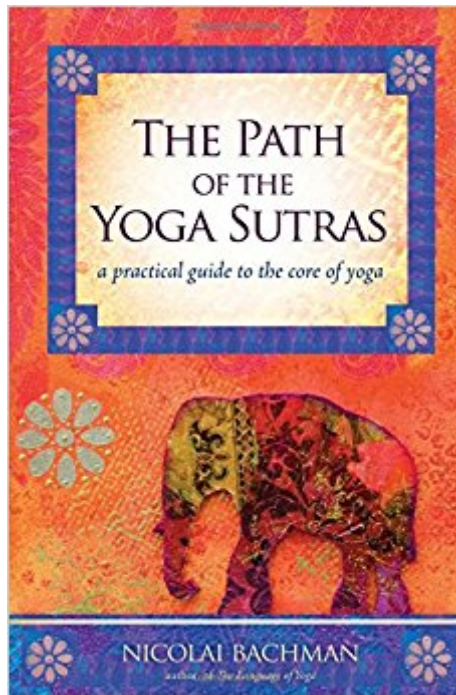


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# The Path Of The Yoga Sutras: A Practical Guide To The Core Of Yoga



## 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 Patañjali'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

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## Customer Reviews

I have been waiting for months for this book to be released, and was very much looking forward to a different presentation of the Yoga Sutras. Last week I finished the book, it was wonderful. It's a shame that currently you can't "look inside" the book, as then you can really see how valuable this read could be. Here is the breakdown which I hope will help: Part 1 Key Principles - For example the first chapter is Atha (readiness and commitment). It's a couple of pages looking into what Atha means and how it relates to our lives. Then for each of the 52 Sutras, he delves in and gives us such a great understanding in today's terms. After that there are a number of "thoughts" and "exercises" that enable us to take that Sutra further. Part 2 Understanding Suffering Part 3 Outer Behaviour Part 4 Personal Practices Part 5 Inner Development Each part contains a number of Sutras that are related

to that particular title. Honestly, I love this book and am now starting at the beginning and rereading it. Am also putting his other books on my Santa List! Mr Bachman has clearly put ALOT of work into this book, its definitely an amazing and valuable read.

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.

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.

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.

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.

Wonderful book. Read it all the way through then go back and do the projects week by week, don't worry, they are simple and more about your actions and bringing attention to what's going through your mind.

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.

This is one of my all time favorite books to keep on my night stand. It has short chapters so I can read one each night before I fall asleep, and have some deep and uplifting thoughts to fall asleep to.

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