



How to Know God: The Yoga Aphorisms of Patanjali

Swami Prabhavananda, Christopher Isherwood, Patanjali

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The Yoga Aphorisms of Patanjali is a major work on the practice of yoga and meditation. Learn through these aphorism how to control your mind and achieve inner peace and freedom. Although these methods were taught over 2000 years ago, they are as alive and effective today as they have ever been. This translation draws on the inspired commentary from both Swami Prabhavananda and Christopher Isherwood. Our flagship title has been completely reset in more readable type, with a new index.

The book is widely used in yoga classes as an important introduction to Raja Yoga. Promoted by George Harrison and featured in his last album.

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