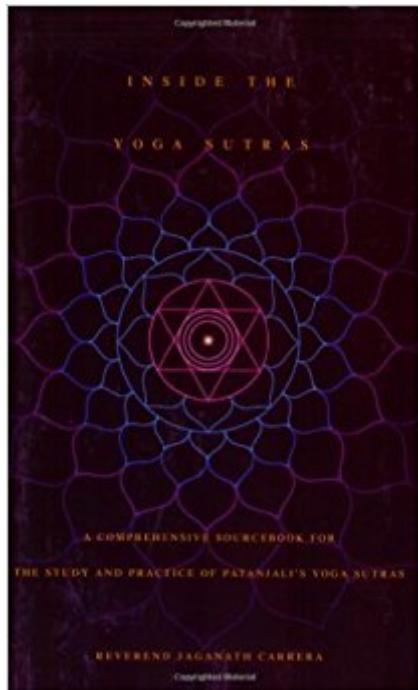


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# Inside The Yoga Sutras: A Comprehensive Sourcebook For The Study & Practice Of Patanjali's Yoga Sutras



## **Synopsis**

Inside the Yoga Sutras presents a clear, up-to-date perspective on this classic text of Yoga theory and practice.. This comprehensive sourcebook includes: commentary for each sutra, extensive cross referencing, a sutras-by-subject index, a study guide for both teachers and students, a word-for-word dictionary, hints for daily practice, and an enhanced glossary.

## **Book Information**

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## **Customer Reviews**

Wonderful!! I've been studying the sutras for three years now and Reverend Jaganath's book was able to take me to an even deeper level in grasping Patanjali's heartfelt intentions behind his words...I felt as if I was reading the sutras for the first time with a great big flash light shining on the depths and meanings of this beautiful guide which has served many in understanding and navigating a way through the gift we call life.

Carrera's sourcebook is helpful in this daunting task of unpacking the sutras of Patanjali. He has explained so nicely his well-organized work which is clearly influenced by his guru, Swami Satchitanada. His clarity and humor are real gems in making this text accessible for the modern day yogi (yogini). It is highly readable and can be used as a resource and reviewed countless times. I find something new each time I read it!

I have spent the past 10 years as a yoga student and teacher, and have studied several translations of the Yoga Sutras over the years. I recently purchased "Inside the Yoga Sutras," to give me a fresh

perspective for a yoga teacher-training manual I was writing. I immediately fell in love with this book. Reverend Jaganath Carrera's work is inspirational in many ways, and I find myself thinking of certain sections of the Sutras in an entirely new light, with a fresh enthusiasm and understanding. I plan to tell all of my students about this text, and to make it a required resource for future trainings. I have always loved the study of the Yoga Sutras, and of yoga philosophy in general, but this book has ignited a new passion in me, and has allowed me to feel more equipped to at least introduce some of the key concepts of this often - complex, but pivotally important work to my students. Reading this book has definitely improved my manual, and perhaps more importantly, has given me a heightened sense of responsibility to make sure the teachers who come through this school understand the importance of the Yoga Sutras in our work as teachers and in our lives as yogis. Thanks to Reverend Jaganath for his devoted work, and for doing such a great job explaining things to those of us who are quite "average" in our understanding and interpretation of these sacred threads. What a gift!

This book sits on my kitchen table and I read a little bit of it each day to remind me of the insightful teachings of the Yoga Sutras. Rev. Jaganath Carrera writes helpful stories to go explain the Sutras so that even a newcomer to Yoga can understand. This book has helped me bring yoga from an exercise to a way of life. Thank you Rev. Jaganath!

Very comprehensive and understandable guide to help with Pantanjali's complex sutra....I'd recommend for anyone struggling to better understand sutras. I am using it in a study group and is by far the best guide in the group!

I bought this book after buying two other books on Patanjali's Yoga Sutras. The other interpretations of this work were....cold....and had little heart, but this book is the complete opposite. Insightful, warm, inviting, and much less 'harsh' than many other translations. Reading this book was the first time I was able to truly connect to and understand the Sutras.

I am just now getting into this book. I had bought another book that was FAR too advanced for me and was frustrated with that content. Ironically, I had looked at this one first and I should have bought this one first. So far, it is very good. It is very readable. The author defines the concepts and words in an easy to understand way. I will post a more extensive review later. I do recommend this book if you are just a beginner trying to understand the Yoga Sutras.

I love how Jaganath Carrera expresses himself, and his interpretation and commentaries on the beloved Sutras. When I first began studying the Yoga Sutras, I only had one book, another commentary. I didn't realize the value of having multiple books to aid in understanding the Sutras. Carrera's book is one I go to first for clarification. Highly recommend!

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