



Easing Into the Bhagavad Gita and Patanjali's Yoga Sutras (Paperback)

By Kimberly K Beyer-Nelson Ma

Karunajoythi Books, United States, 2013. Paperback. Book Condition: New. Kathy Haug (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This simple introduction to both the Bhagavad Gita and Patanjali's Yoga Sutras is a gentle way to ease into these ancient texts. Crafted for use in Hatha Yoga studios, teacher training programs and experiential classroom venues, students will find the language of the book friendly and engaging while teachers will find a rich offering of dialogue-encouraging questions and activities to enrich the learning experience. Enlivened by original poetic commentaries and fleshed out with real world applications of these teachings, Easing into the Bhagavad Gita and Patanjali's Yoga Sutras provides an excellent starting point for the study of Indian philosophy. Kim holds a master's degree in comparative religion and has been a meditation, qigong and yoga instructor for twenty years. Her other non-fiction books include: A Little Book of Wholeness and Prayer: an eight week meditation companion and At Matthew's Knee: A poetic commentary on the Gospel of Matthew.



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Reviews

The ideal publication i at any time read through. It really is written in easy phrases and never difficult to understand. Its been designed in an remarkably easy way which is merely right after i finished reading through this publication by which actually transformed me, affect the way i think.

-- **Jaqueline Flatley**

Complete guide! Its this kind of very good read through. I really could comprehend almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.

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