

[PDF] The Yoga Sutras Of Patanjali

Swami Satchidananda - pdf download free book



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About the Author Sri Swami Satchidananda was one of the first Yoga masters to bring the classical Yoga tradition to the West. He taught Yoga postures, meditation, and a vegetarian and more compassionate lifestyle to Westerners when he was invited to America in 1966 by the iconic pop artist Peter Max. The distinctive teachings he brought with him blend the physical discipline of Yoga, the spiritual philosophy of Vedic literature, and the interfaith ideals he pioneered. These techniques and concepts influenced a generation and spawned a Yoga culture that is flourishing today. The organization founded on his teachings, Integral Yoga International, is now a leading

institute for Yoga teacher certification. Integral Yoga is the foundation for Dr. Dean Ornish's landmark work in reversing heart disease and Dr. Michael Lerner's noted Commonwealth Cancer Help program. He is the author of many books on Yoga and is the subject of the 2008 documentary, *Living Yoga*.

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