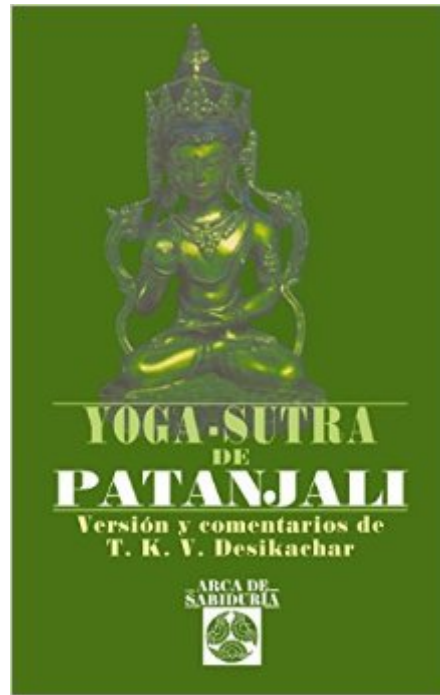


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# Yoga Sutra De Patanjali



## Synopsis

Los yoga-sutras de Patanjali es el primer texto de yoga conservado íntegramente. Escritos hace más de 2.000 años, se centran en cómo alcanzar la experiencia directa y la realización del yo más interior o alma. Como tratado clásico del entendimiento hindu del alma y conciencia y sobre la meditación, ha ejercido una inmensa influencia sobre las prácticas del induismo tanto en la India como en Occidente. Sus 195 aforismos constituyen una guía precisa sobre la práctica del yoga, considerándose una obra capital de esta disciplina. / Written more than two millennia ago, Patanjali's work focuses on how to attain the direct experience and realization of the innermost individual self, or soul. Its 195 aphorisms are an accurate yoga practice guide and it is considered a seminal work of this discipline.

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