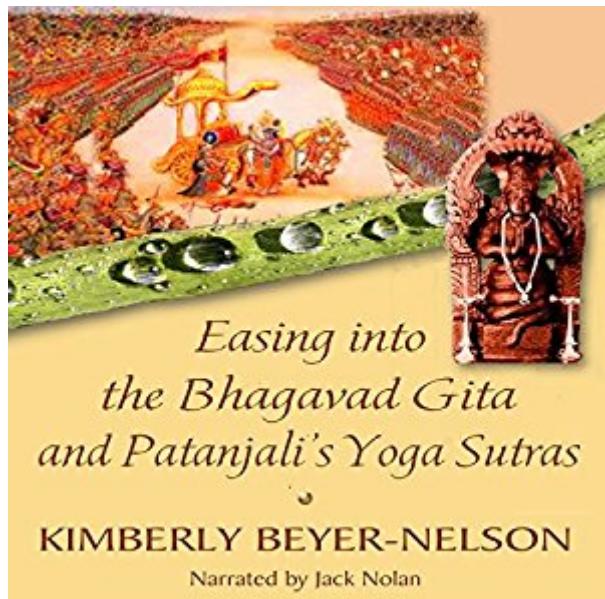


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# Easing Into The Bhagavad Gita And Patanjali's Yoga Sutras



## **Synopsis**

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 audiobook 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.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

As a beginning yoga student, I have been focused on positions and breathing. Beyer-Nelson provides a thought-provoking entry into the principles behind yoga. This is not a book for readers looking for instructions on poses. Instead, it moves the reader beyond to consider his/her mind state and how the body and mind work together to restore peace and health. The poetry is an added bonus. I'll come back to this book to deepen my awareness.

This book is both inspiring and practical. As spiritual seekers, there is a temptation to reach out for more and more teachings to perhaps find those magical words that will set us free. While this may be useful in the beginning, there comes a time for actually putting the teachings to work in our lives where the magic can make a difference in our understanding. The format for this lovely volume

provides exercises and suggestions for applying these ancient teachings in our everyday lives and finding how fully alive and transformative they still are. Thank you Ms. Beyer-Nelson.

I read *Easing into the Bhagavad Gita and Patanjali Yoga Sutras* last year when it was first published. Now I have the audio version narrated by Jack Nolan and I've listened to it as I followed along in the book. His voice has a good pace and expression as he narrated. It's like reading it again but at a slower more gentle pace. I especially liked his reading when he came to the poetry sections.

An easy read with a simple and approachable perspective on Yoga's two great masterful works.

This is a wonderful, thought-provoking book. It's short, but I like a book that says what needs to be said without a lot of extra fluff. I run a Yoga Teacher Training program and I plan to add this to my required reading list. You definitely need to read the Gita and Sutras (and the author tells you this up front), but after you've read them, come back to this book. I can also see this as a good resource for Yoga workshops (not just teacher trainings) or for individuals looking to better their understanding of Yoga.

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