



Yoga: The Science of the Soul

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Much of what is known as yoga today emphasizes physical postures and exercises to increase flexibility and help relaxation. But in fact, yoga has its roots in centuries of rigorous investigation and research in the East to develop an understanding of human consciousness and its potential.

In *Yoga*, Osho explains the meaning of some of the most important Yoga Sutras of Patanjali, an early "scientist of the soul" who is credited with being the father of Raja Yoga, or the "royal path" of yoga that uses physical postures and breath primarily as a means to achieve higher states of consciousness. With a fresh translation of these ancient texts, and unique Osho insights into the modern mind and its psychology, Patanjali comes to life on the pages with an approach to using yoga for greater self-understanding that is absolutely relevant to our times.

An invaluable resource for beginning or experienced yoga practitioners, and for anyone who seeks to better understand the intricate and powerful relationship that exists between body and mind

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Melinda Gregory:

In this era globalization it is important to someone to obtain information. The information will make anyone to understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. The actual book that recommended for your requirements is Yoga: The Science of the Soul this book consist a lot of the information with the condition of this world now. That book was represented just how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. Typically the writer made some analysis when he makes this book. Here is why this book appropriate all of you.

Josephine Widman:

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