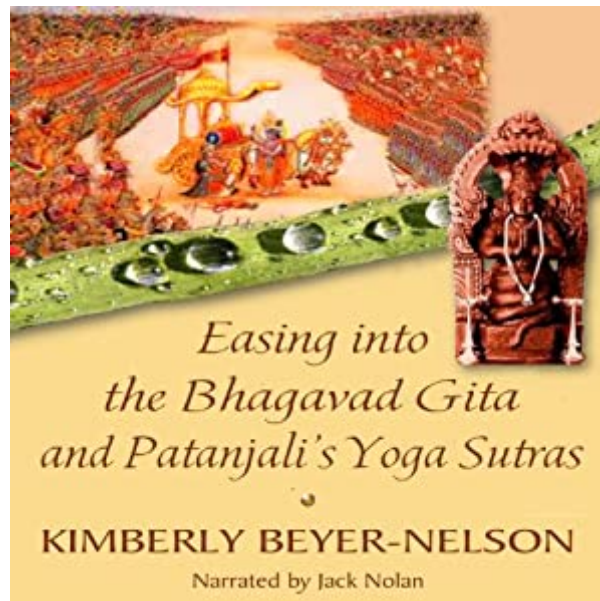


The book was found

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

Listening Length: 2 hours and 2 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Kimberly Kay Beyer-Nelson

Audible.com Release Date: February 3, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00I7T61JU

Best Sellers Rank: #15 in Books > Religion & Spirituality > Hinduism > Sutras #52 in Books > Religion & Spirituality > Hinduism > Sacred Writings > Bhagavad Gita #264 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions

Customer Reviews

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.

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

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.

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.

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.

[Download to continue reading...](#)

Easing into the Bhagavad Gita and Patanjali's Yoga Sutras Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras The Yoga Sutras of Patanjali: By Patanjali & Illustrated (Five Bonus works & an Audiobook FREE are included) Yoga Sutras of Patanjali Proper Translation This book is now included in the eBook Patanjali Code Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) The Bhagavad Gita and the West: The Esoteric Significance of the Bhagavad Gita and Its Relation to the Epistles of Paul Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Enlightenment: The Yoga Sutras of Patanjali: A New Translation and Commentary Kriya Yoga Sutras of Patanjali and the Siddhas Patanjali Yoga Sutras: Translation and Commentary in the Light of Vedanta Scripture The Yoga Sutras of Patanjali Light on the Yoga Sutras of Patanjali Vedas, Upanishads & Patanjali Yoga Sutras: The Tripod of Ancient Hindu Wisdom Demystifying Patanjali: The Yoga Sutras (Aphorisms): The Wisdom of Paramhansa Yogananda Presented by his direct disciple, Swami Kriyananda The Yoga Sutras of Patanjali: The Book of the Spiritual Man Yoga-Darshana: Sutras of Patanjali with Bhasya of Vyasa Yoga Sutras of

Patanjali Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami
Vivekananda's Yoga Philosophy (Classic Reprint) The Living Gita: The Complete Bhagavad Gita - A
Commentary for Modern Readers The Gita Deck: Wisdom From the Bhagavad Gita

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)