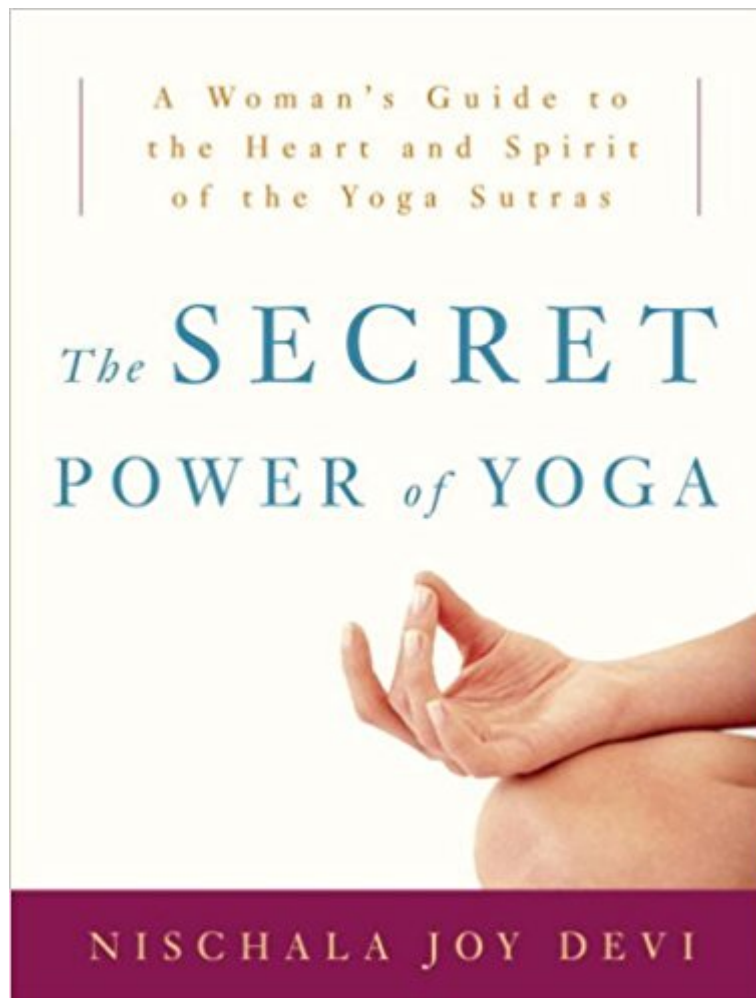




The book was found

The Secret Power Of Yoga: A Woman's Guide To The Heart And Spirit Of The Yoga Sutras



Synopsis

In *The Secret Power of Yoga*, world-renowned Yoga expert Nischala Joy Devi interprets Patanjali's Yoga Sutras, the principles at the basis of Yoga practice, from a heart-centered, intuitive, feminine perspective, resulting in the first translation intended for women. Yoga is well known for its power to create a healthy body, but few realize the emotional and spiritual benefits. Devi's simple, elegant, and deeply personal interpretations capture the spirit of each sutra, and her suggested practices offer numerous ways to embrace the spirituality of Yoga throughout your day.

Book Information

Paperback: 336 pages

Publisher: Harmony; 1 edition (March 20, 2007)

Language: English

ISBN-10: 0307339696

ISBN-13: 978-0307339690

Product Dimensions: 5.1 x 0.7 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 69 customer reviews

Best Sellers Rank: #14,477 in Books (See Top 100 in Books) #35 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #47 in Books > Health, Fitness & Dieting > Women's Health > General #108 in Books > Politics & Social Sciences > Philosophy > Eastern

Customer Reviews

"This sweetly voiced explication of the Yoga Sutras is disarming in its simplicity . . . I read it smiling." — Sylvia Boorstein, author of *Pay Attention, for Goodness' Sake: The Buddhist Path of Kindness*
"A dynamic new interpretation . . . that will make this wonderful ancient teaching accessible to modern readers and useful in their daily life." — David Frawley (Vamadeva Shastri), author of *Yoga and Ayurveda*
"Truly life changing. A book to be read again and again." — Judith Hanson Lasater, Ph.D., P.T., author of *A Year of Living Your Yoga*

Nischala Joy Dev is a renowned Yoga expert who has been teaching internationally for more than thirty years. She is the author of *The Healing Path of Yoga*, which is regarded as the definitive guide to the subtle use of body and mind in healing and stress management. Visit her website at www.abundantwellbeing.com.

This set of CD's lives in my car and accompanies me down the road -- both the physical road and the road of my life. As an avid student of Yoga, I am enamored not only with asana (poses) practice, but with the metaphysics and philosophical underpinning of this ancient and sometimes complex system of whole health. Nischala Devi guides me from a woman's perspective, simply and clearly through the maze of the Yoga Sutras with her own unique flavor and world view. And while this is not an accurate "translation" of these ancient texts, her interpretation and commentary is for today, for women, and uncomplicates and simplifies the teachings so I can cease struggling and just rest in the depth of how to live my life in the 21st century where I am and as I am.

As Nischala Joy Devi points out, most of the Yoga Sutra books are written by men and are therefore written with the masculine slant. This book is written by a woman, a rather remarkable woman at that, and it delivers us much insight into the heart of the yoga sutras. I found it fascinating, very encouraging and have already used it in my yoga classes many times. Thank you for all involved with the writing and publication of this most important book on Patanjali's Yoga Sutras.

this is a great book for any yogi, male or female

This book is an amazing resource for anyone interested in the yoga sutras. She offers a modern perspective on an ancient text in an easy to digest fashion without dumbing down or simplifying the content. Whether this is your first yoga sutras text or the next one in your collection, I highly recommend it as a resource!

thank you

If you truly want to understand the practice, science and spirituality of yoga, I can't imagine a better book, especially for women. (Although I think men would benefit greatly from this book, as well.) In the U.S., we think of yoga as the physical practice, but that is really such a small part of what "yoga" is all about. This book is easy to read but has great depth. I highly recommend it!

The very best translation of the Yoga Sutras. The author really dissects the true meaning and puts the lessons into perspective of every day life. She also speaks from a heart perspective. Definitely recommended for every Yogi, not just women.

Loved this book. You can't go wrong with anything written by Nischala Joy Devi. She reiterates a lot during the book which helps to bring all into perspective over and over again. Definitely try her other book , "The Healing Path of Yoga".

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

The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras Inside the
Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras
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) Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga
Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami
Vivekananda's Yoga Philosophy (Classic Reprint) The Yoga Sutras: An Essential Guide to the
Heart of Yoga Philosophy Buddhist Sutras: The ULTIMATE Collected Works of 10 Famous Sutras
(With Active Table of Contents) The Vedanta-Sutras, or Brahma Sutras: With Commentary
(Forgotten Books) The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga Amrit Yoga
and the Yoga Sutras Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss,
Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self
help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm
Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for
beginners) Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar
Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems)
Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot
in Excel 2010-2016 Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and
Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and
Ground Fighting Power Deliverance From Python Spirit: Powerful Prayers to Defeat the Python
Spirit â " Spirit of Lies, Deceptions and Oppression. (Deliverance Series Book 3) The Radiance
Sutras: 112 Gateways to the Yoga of Wonder and Delight (English and Sanskrit Edition) Ultimate
Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos
(Beginner Yoga Guides Book 1) The Yoga Sutras of Patanjali: A New Edition, Translation, and
Commentary Easing into the Bhagavad Gita and Patanjali's Yoga Sutras

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help