



# **Yoga Sutras of Patanjali: Nature of the Mind, the Universe, and the True Self**

*By B. Ravikanth*

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The science of Yoga is summarized in just 195 lines by the great sage Patanjali. It is built on the concepts developed by the earlier philosophy of Sankhya. This book doesn't assume any background knowledge of Sankhya or any eastern philosophy. All of the difficult Sankhya terminology and concepts are explained in an easy-to-understand manner with the help of full-color illustrations. Anyone with a basic working knowledge of the English language can read this book and can immediately begin applying it in their own life.

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