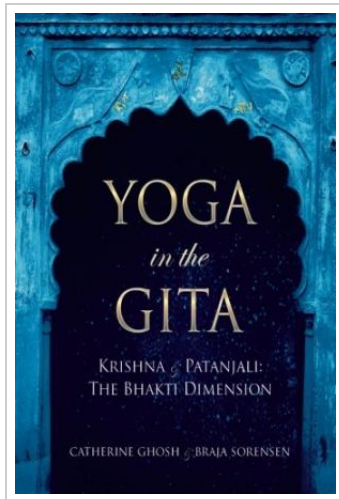




YOGA IN THE GITA: Krishna Patanjali -The Bhakti Dimension

By Catherine Ghosh

Golden Dragonfly Press. Paperback. Condition: New. 290 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. Finally, a book that emphasizes the sacred love teaching woven throughout the Bhagavad Gita and Yoga Sutra texts! Drawing from the ancient bhakti tradition they have belonged to for decades, authors Catherine Ghosh and Braja Sorensen invite the reader to broaden their definition of yoga according to one of the best-kept secrets of the Bhagavad Gita: that although it is set in a war zone, at its core the Gita is essentially a book on love, and yoga is the process through which we connect with, and participate in, that love. Yoga in the Gita offers readers two very different yet complimentary voices presenting the same ancient approaches to self-development from both Krishna and Patanjali in practical, philosophically insightful and entertaining ways. With the first part of the book focusing exclusively on the way Krishna defines yoga in the Gita, and the second half drawing bhakti parallels between Krishnas teachings and Patanjalis, the authors offer a captivating and inspiring way for readers to appreciate the rich elements that make up a serious yoga lifestyle. In this first contemporary book on yoga written by women to have emerged...



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