



Easing Into the Bhagavad Gita and Patanjali's Yoga Sutras

By Kimberly K Beyer-Nelson MA

Karunajoythi Books, United States, 2013. Paperback. Book Condition: New. Kathy Haug (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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 book 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. Kim holds a master's degree in comparative religion and has been a meditation, qigong and yoga instructor for twenty years. Her other non-fiction books include: A Little Book of Wholeness and Prayer: an eight week meditation companion and At Matthew's Knee: A poetic commentary on the Gospel of Matthew.



READ ONLINE
[1.96 MB]

Reviews

It is really an incredible ebook that we have actually go through. I actually have go through and i also am sure that i am going to likely to read again again in the foreseeable future. Your way of life period will be convert the instant you complete reading this article pdf.

-- Prof. Adrain Rice

This book is definitely not effortless to start on looking at but really exciting to see. It really is simplistic but surprises from the 50 % from the pdf. I am just effortlessly can get a delight of looking at a published book.

-- Thurman Schamberger

Related Books



[Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. \[Us English\]](#)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



[Children's Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. \[British English\]](#)

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



[The Country of the Pointed Firs and Other Stories \(Hardscrabble Books-Fiction of New England\)](#)

New Hampshire. PAPERBACK. Book Condition: New. 0874518261 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!!! * I am a...



[Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products](#)

Fair Winds Press, 2006. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by Royal Mail;



[The First Epistle of H. N. a Crying-Voyce of the Holye Spirit of Loue. Translated Out of Base-Almayne Into English. \(1574\)](#)

Eebo Editions, Proquest, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved and previously accessible...



[Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.