



The Yoga Sutras of Patanjali. A 21st Century Interpretation

Moises Aguilar

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Written in a modern and approachable language, Moises Aguilar's interpretation of the Yoga Sutras of Patanjali is a must read for yoga teachers and students as well as people interested in eastern philosophy. Moises Aguilar relates the ideas in the Sutras to both eastern and western philosophies and concepts, making the content accessible to the average reader. Throughout the book Moises Aguilar provides examples and everyday applications for the perennial wisdom in the Yoga Sutras of Patanjali.

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