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Inside the Yoga Sutras: A Complete Sourcebook for the Study and Practice of Patanjali's Yoga Sutras (Paperback)

By Jaganath Carrera

Integral Yoga Publications, United States, 2006. Paperback.
Book Condition: New. 229 x 150 mm. Language: English . Brand New Book. Reverend Jaganath Carrera has shared the joy and wisdom of the Yoga Sutras with thousands of students for over three decades. A long-time disciple of Sri Swami Satchidananda, he has taught all facets of Yoga at universities, prisons, Yoga centers, and interfaith programs. He established the Integral Yoga Ministry and is a spiritual advisor and visiting lecturer on Hinduism for the One Spirit Seminary in New York City. He is a former chief administrator of Satchidananda Ashram--Yogaville and founded the Integral Yoga Institute of New Brunswick, NJ, where he was director for fourteen years. He served as Dean of Academics at the Eastern School of Acupuncture and is a member of its Governing Board. A senior member of the Integral Yoga Teachers Council, he co-developed the highly regarded Integral Yoga Meditation and Raja Yoga Teacher Training Certification programs.



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