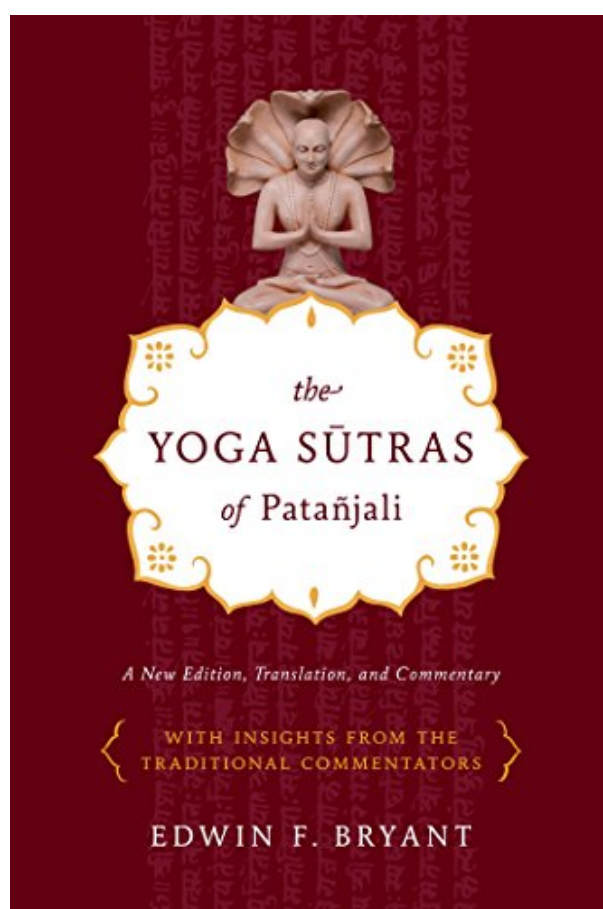
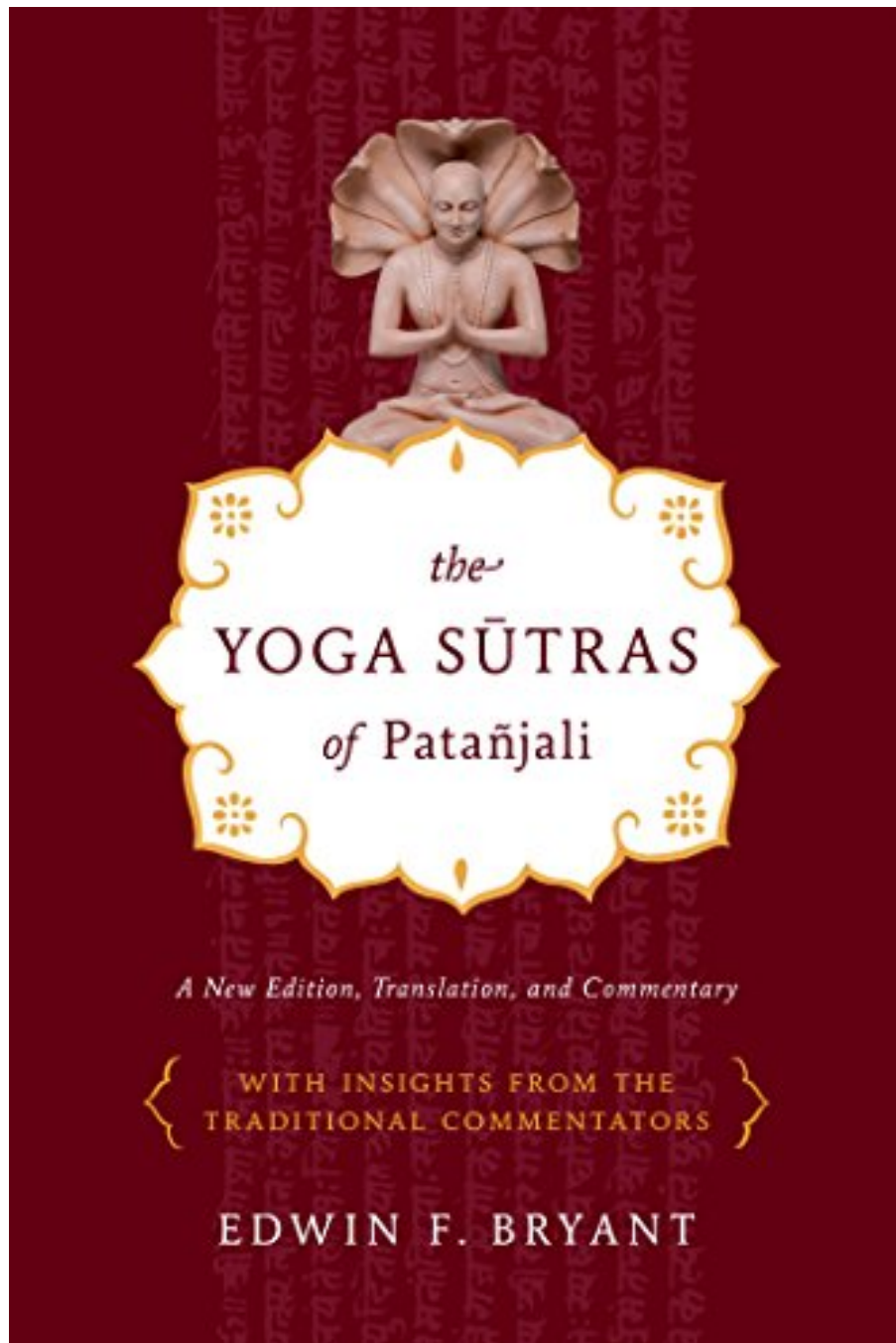


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A landmark new translation and edition

Written almost two millennia ago, Patañjali's work focuses on how to attain the direct experience and realization of the purusa: the innermost individual self, or soul. As the classical treatise on the Hindu understanding of mind and consciousness and on the technique of meditation, it has exerted immense influence over the religious practices of Hinduism in India and, more recently, in the West.

Edwin F. Bryant's translation is clear, direct, and exact. Each sutra is presented as Sanskrit text, transliteration, and precise English translation, and is followed by Bryant's authoritative commentary, which is grounded in the classical understanding of yoga and conveys the meaning and depth of the sutras in a user-friendly manner for a Western readership without compromising scholarly rigor or traditional authenticity. In addition, Bryant presents insights drawn from the primary traditional commentaries on the sutras written over the last millennium and a half.

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Best edition of the Sutras in English, bar none

By Amazon Customer

Edwin F. Bryant presents the sometimes enigmatic aphorisms of Patanjali's Yoga Sutras in clean, clear, sparse, perfectly comprehensible English, and provides the reader with the key thoughts of the major

commentators who offer context and interpretation to this seminal Yoga text.

An important point to make is that while Bryant's impeccable scholarship satisfies the most demanding academic, these sutras, for the first time, I believe, come to life for the general reader with a sincere interest in Yoga. (The Isherwood-Prabhavananda edition, *How to Know God*, presents the sayings in lucid, poetic English, but there is none of the depth of commentary.) Bryant presents the individual sayings ("sutras" literally means "threads") in Sanskrit in both Devanagari script and the Latin alphabet, and translates each word precisely, then offers his own translation of the sutra in contemporary English. The individual sutras are followed by readable narratives which interpret each saying and various commentaries from ancient to modern times.

As someone who has practiced Yoga since childhood and has written a master's thesis on the sutras, I recommend this book enthusiastically. Every student and teacher of Yoga, whether as a popular fitness program or the highest pathway to enlightenment, should own this book. Furthermore, individuals with no special interest in Yoga will find that it offers an excellent complement to other philosophical and religious reading, since the Sutras' teachings mirror the pathways of many world religions. I hope it becomes available in hardback and as a Kindle book because it is a work that should become part of one's permanent library and, in fact, part of one's very life.

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Serious yoga practitioners need seek no further than this fascinating and inspiring translation and commentary. While not the easiest version of the Yoga Sutras to read, its virtues more than compensate for the difficulty. Prof. Bryant's comprehensive knowledge of Indian philosophy, fidelity to the intent of the text (without the usual filtering to suit various Western prejudices and agendas) and passionate fondness for this material lift this version far above any others. The glossary and index of Sanskrit terms are themselves worth the price. Read this book in small chunks, take your time, and it will amply repay your efforts.

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Life Changing

By Analiese De Saw

I was able to read the completed manuscript in Prof. Bryant's Yoga Sutras class in 2007 (in the book it says 2008!) and have been waiting ever since for the book to come out. Having no background in philosophy I found Bryant's book to be surprisingly friendly to read, easy to understand, and beyond intellectually stimulating. Many of the ideas and concepts proposed in the Yogic tradition are abstract, and lack English equivalents, which in other cases might prove a daunting and tedious task; but Bryant tackles these ideologies in terms and examples which any one could read and comprehend.

If I could afford it I would buy 1,000 copies of this book and hand it out to people.

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