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### **Demystifying Patanjali The Yoga Sutras**

Demystifying Patanjali: The Yoga Sutras: The Wisdom of Paramhansa Yogananda as Presented by his Direct Disciple, Swami Kriyananda Paperback – June 1, 2013 by Paramhansa Yogananda (Author)

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The Yoga Sutras were composed by a man named Patanjali. There is not much known about him, except that he was presumably Indian and lived somewhere between the second and fourth century BC. Patanjali is also credited with writing the Mahabhasya, a treatise of Sanskrit grammar and a commentary on Charaka Samhita, the basic text of Ayurveda.

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### **Demystifying Patanjali - Ananda Publications**

"Isvara in Patanjali's Yoga Sutras." Yoga Sutras Conference, Layola Mount University, April, 2015. "The Yoga Sutras" Princeton, Oct, 2013. "Yoga in Classical India". St. Mike's College, Vermont Nov, 2012 "The Two Types of Liberation in the Bhagavata Purana." Symposium, University of California at Santa Barbara, November, 2011

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The Yoga Sūtras of Patañjali are a collection of 196 Sanskrit sutras on the theory and practice of yoga. The Yoga Sutras were compiled sometime between 500 BCE and 400 CE by the sage Patanjali in India who synthesized and organized knowledge about yoga from much older traditions. The Yoga Sūtras of Patañjali was the most translated ancient Indian text in the medieval era, having

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