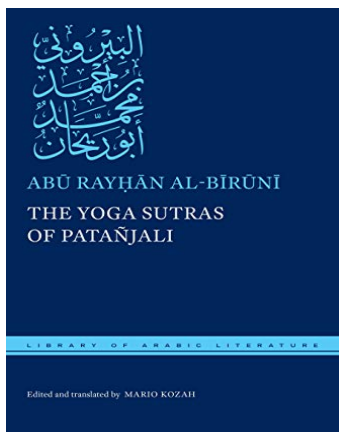


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Beschreibung:

A brilliant cross-cultural Arabic interpretation of a key text of yoga philosophy

Ausgabe **KINDLE**

A bilingual Arabic-English edition.

The Yoga Sutras of Patañjali is the foundational text of yoga philosophy to this day and is still used by millions of yoga practitioners and students worldwide. Written in a question-and-answer format, The Yoga Sutras of Patañjali deals with the theory and practice of yoga and the psychological question of the liberation of the soul from attachments.

This book is a new edition and translation into English of the Arabic translation and commentary on this text by the brilliant eleventh-century polymath al-Biruni. Given the many historical variants of the Yoga Sutras, his Kitab Batanjali is important for yoga studies as the earliest translation of the Sanskrit text. It is also of unique value as an Arabic text within Islamic studies, given the intellectual and philosophical challenges that faced the medieval Muslim reader when presented with the intricacy of composition, interpretation, and allusion that permeates this translation.