



Meditations on the Yoga Sutras of Patanjali

Elleke van Kraalingen

The Yoga Sutras of Patanjali are among the oldest books of wisdom. They show us the way to our source, through the development and management of our consciousness. Today they are called 'Mind Training'. They teach us about the causes of suffering and our liberation therefrom. They teach us about the essence of existence.

The knowledge that is transferred in the Sutras is universal and still relevant today. This book is clear and accessible and makes a friendly translation to the daily reality in our society. In addition, the book consists of two parts:

1. A translation of the Yoga Sutras with commentary and explanations, and references to reflections and meditations
2. A complete meditation exercise programme that follows the line of the eight steps in yoga, as described by Patanjali.

The different meditation programmes are offered in a structured sequence. Accompanying each meditation is a reference to matching sutras for further study. Ultimately life is not about factual knowledge from a book: It is our own inner experience that counts.

This book offers the reader a guide to train for relaxation, focusing the attention inward, concentration and meditation, and the development of intuition and wisdom

A book on the art of living.

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In the book "Meditations on the Yoga Sutras of Patanjali" Elleke van Kraalingen teaches us, with Patanjali, the causes of suffering and our liberation therefrom.

Elleke van Kraalingen has been teaching yoga and meditation for 35 years according to the eight steps of the classical Raja Yoga of Patanjali. Together with her husband, Pieter Hiemstra, she leads La Borde Blaque: a beautiful Center for Yoga, Meditation and Healing in the middle of nature at the feet of the Pyrenees in Southern France.

www.bordeblaque.com

Meditations on the Yoga Sutras is now available through www.tattwa.nl, the bookshops, bol.com and [amazon](http://amazon.com).

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