



Yoga: The Science of the Soul

By Osho

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Much of what is known as yoga today emphasizes physical postures and exercises to increase flexibility and help relaxation. But in fact, yoga has its roots in centuries of rigorous investigation and research in the East to develop an understanding of human consciousness and its potential.

In *Yoga*, Osho explains the meaning of some of the most important Yoga Sutras of Patanjali, an early "scientist of the soul" who is credited with being the father of Raja Yoga, or the "royal path" of yoga that uses physical postures and breath primarily as a means to achieve higher states of consciousness. With a fresh translation of these ancient texts, and unique Osho insights into the modern mind and its psychology, Patanjali comes to life on the pages with an approach to using yoga for greater self-understanding that is absolutely relevant to our times.

An invaluable resource for beginning or experienced yoga practitioners, and for anyone who seeks to better understand the intricate and powerful relationship that exists between body and mind

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Editorial Review

About the Author

Osho is the author of *The Book of Secrets*, *Meditation: The First and Last Freedom* and *Insights for a New way of Living*. Beginning in the 1970s he captured the attention of young people from the West who wanted to experience meditation and transformation. More than 20 years after his death, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

Users Review

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