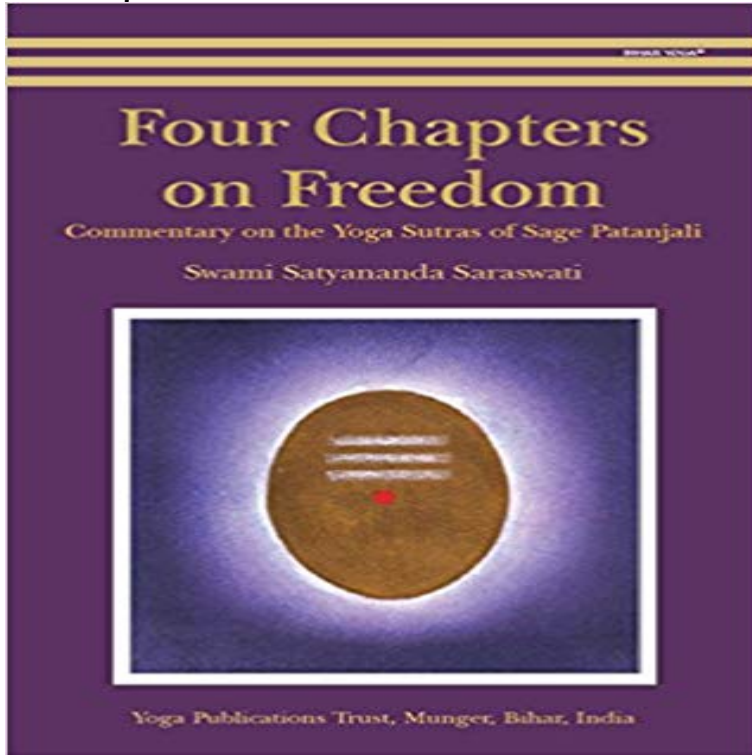


Four Chapters on Freedom: Commentary on the Yoga Sutras of Sage Patanjali



The Yoga Sutras of Sage Patanjali is an ancient classical text which succinctly presents the profound teachings of raja yoga in 196 concise sutras or threads. Four Chapters on Freedom is a commentary by Swami Satyananda Saraswati in which he unravels the meaning of the Sutras, verse by verse. Every word of each sutra is significant, and a deep understanding of Sanskrit, as well as the insight of an enlightened master, is needed to interpret them for the modern reader. Four Chapters on Freedom is a light to guide serious yogic aspirants and spiritual seekers on the eternal path of raja yoga. It includes the Sanskrit text, transliteration and translation of the sutras.

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