

1. Record Nr.	UNINA9910464293503321
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Titolo	The gift of consciousness : Patanjali's Yoga Sutras. (Book one, Samadhi Pada) // by Gitte Bechsgaard
Pubbl/distr/stampa	Newcastle upon Tyne, UK : , : Cambridge Scholars Publishing, , 2013
ISBN	1-4438-6155-3
Descrizione fisica	1 online resource (384 p.)
Disciplina	294.5436
Soggetti	Philosophy, Indic Yoga Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	Meticulously researched and compellingly written, The Gift of Consciousness is an engaging and approachable overview of Patanjali's Yoga Sutras through the prism of both Eastern and Western psychology. Grounded in a thorough knowledge of the Sanskrit original and training in psychology, Gitte Bechsgaard opens out these complex texts to the general reading public. Bechsgaard's clear-eyed approach makes this ancient text relevant to anyone interested in Yoga philosophy and practice. This book, ...