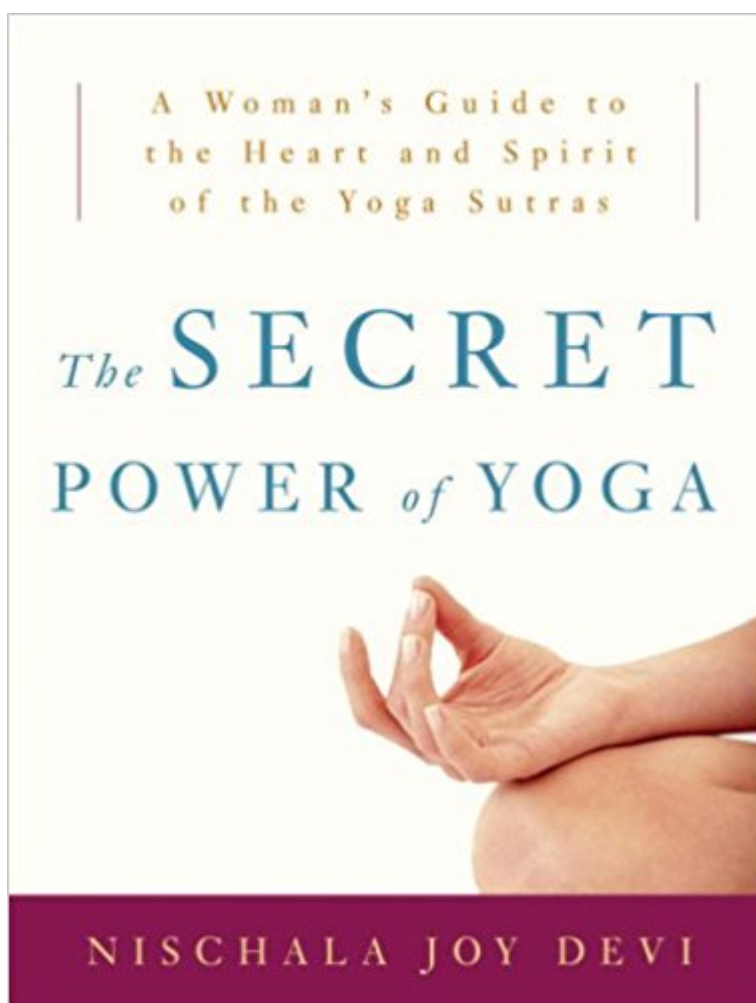


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# The Secret Power Of Yoga: A Woman's Guide To The Heart And Spirit Of The Yoga Sutras



## Synopsis

In *The Secret Power of Yoga*, world-renowned Yoga expert Nischala Joy Devi interprets Patanjali's Yoga Sutras, the principles at the basis of Yoga practice, from a heart-centered, intuitive, feminine perspective, resulting in the first translation intended for women. Yoga is well known for its power to create a healthy body, but few realize the emotional and spiritual benefits. Devi's simple, elegant, and deeply personal interpretations capture the spirit of each sutra, and her suggested practices offer numerous ways to embrace the spirituality of Yoga throughout your day.

## Book Information

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## Customer Reviews

"This sweetly voiced explication of the Yoga Sutras is disarming in its simplicity . . . I read it smiling." — Sylvia Boorstein, author of *Pay Attention, for Goodness' Sake: The Buddhist Path of Kindness*

"A dynamic new interpretation . . . that will make this wonderful ancient teaching accessible to modern readers and useful in their daily life." — David Frawley (Vamadeva Shastri), author of *Yoga and Ayurveda*

"Truly life changing. A book to be read again and again." — Judith Hanson Lasater, Ph.D., P.T., author of *A Year of Living Your Yoga*

Nischala Joy Dev is a renowned Yoga expert who has been teaching internationally for more than thirty years. She is the author of *The Healing Path of Yoga*, which is regarded as the definitive guide to the subtle use of body and mind in healing and stress management. Visit her website at [www.abundantwellbeing.com](http://www.abundantwellbeing.com).

This set of CD's lives in my car and accompanies me down the road -- both the physical road and the road of my life. As an avid student of Yoga, I am enamored not only with asana (poses) practice, but with the metaphysics and philosophical underpinning of this ancient and sometimes complex system of whole health. Nischala Devi guides me from a woman's perspective, simply and clearly through the maze of the Yoga Sutras with her own unique flavor and world view. And while this is not an accurate "translation" of these ancient texts, her interpretation and commentary is for today, for women, and uncomplicates and simplifies the teachings so I can cease struggling and just rest in the depth of how to live my life in the 21st century where I am and as I am.

As Nischala Joy Devi points out, most of the Yoga Sutra books are written by men and are therefore written with the masculine slant. This book is written by a woman, a rather remarkable woman at that, and it delivers us much insight into the heart of the yoga sutras. I found it fascinating, very encouraging and have already used it in my yoga classes many times. Thank you for all involved with the writing and publication of this most important book on Patanjali's Yoga Sutras.

this is a great book for any yogi, male or female

This book is an amazing resource for anyone interested in the yoga sutras. She offers a modern perspective on an ancient text in an easy to digest fashion without dumbing down or simplifying the content. Whether this is your first yoga sutras text or the next one in your collection, I highly recommend it as a resource!

thank you

If you truly want to understand the practice, science and spirituality of yoga, I can't imagine a better book, especially for women. (Although I think men would benefit greatly from this book, as well.) In the U.S., we think of yoga as the physical practice, but that is really such a small part of what "yoga" is all about. This book is easy to read but has great depth. I highly recommend it!

The very best translation of the Yoga Sutras. The author really dissects the true meaning and puts the lessons into perspective of every day life. She also speaks from a heart perspective. Definitely recommended for every Yogi, not just women.

Loved this book. You can't go wrong with anything written by Nischala Joy Devi. She reiterates a lot during the book which helps to bring all into perspective over and over again. Definitely try her other book , "The Healing Path of Yoga".

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