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YOGASUTRA

a cura di Leonardo Vittorio Arena



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leggere Yogasutra EBook gratuito PDF/EPUB/mobi Leonardo Vittorio Arena & Patañjali , Opera fondamentale della filosofia indiana, gli aforismi sintetici e suggestivi noti con il nome di Yogasutra sono una vera e propria guida all'autocoscienza, un vademecum imprescindibile per comprendere gli stati che la mente attraversa durante la meditazione, lo Yoga e altre pratiche spirituali. Grazie alla traduzione e al commento esperto di Leonardo Vittorio Arena, il lettore viene così condotto alla scoperta dei meccanismi alla base del funzionamento della mente, percorso imprescindibile sulla via che conduce alla liberazione.

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