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## YOGA-SUTRAS

PATANJALI



En 195 aphorismes, les Yoga-Sutras de Patanjali codifient l'enseignement d'une pratique traditionnelle plusieurs fois millénaire.

C'est l'esprit même du Yoga qui se trouve ici décrit, résumé en une série de remarques lapidaires et lumineuses.

Vrai traité de connaissance de soi, cet ouvrage est l'un des textes majeurs de l'humanité. Son message, transcendant les siècles, se révèle bien plus que moderne : essentiel.

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