



Yoga Sutras of Patanjali: The Book of the Spiritual Man

**Translated by Charles Johnston**

**This is Charles Johnston's translation of and commentary on the Yoga Sutras of Patanjali. Johnston's interpretation of this seminal yogic text focuses on "the birth of the spiritual from the psychical man." - Summary by Maggie Russell**

**Read by Maggie Russell. Total running time: 3:45:23**

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