



The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras

Nischala Joy Devi

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Yoga is well known for its power to create a healthy body, but few realize the emotional and spiritual benefits. 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.

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

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