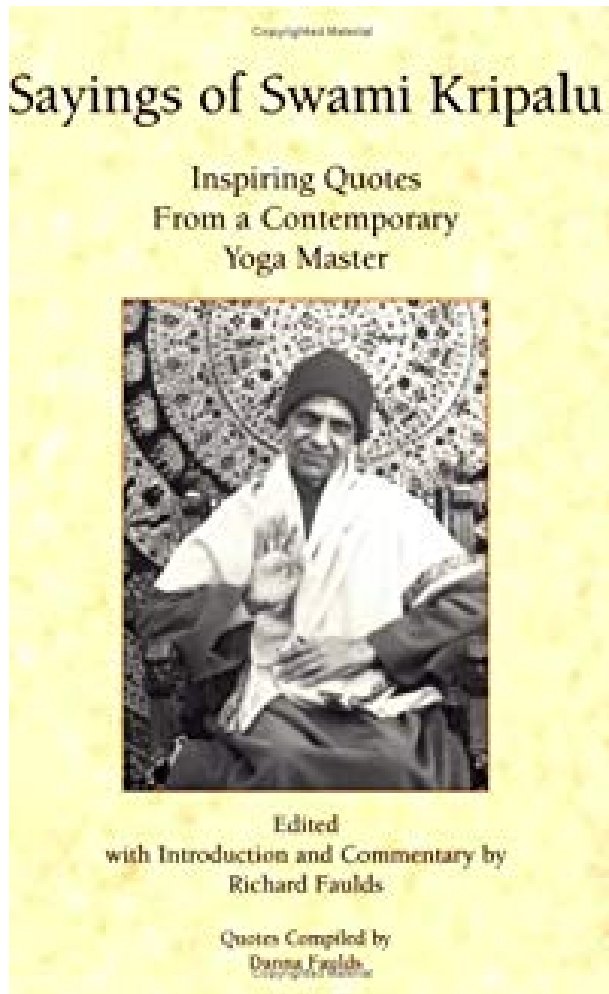


Sayings of Swami Kripalu: Inspiring Quotes from a Contemporary Yoga Master



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Swami Kripalu was a remarkable man, a bridge between the traditions of ancient India and contemporary Western society. A yoga master renowned for the intensity of his spiritual practice and the depth of his compassion, Swami Kripalu came to the United States in 1977 where he spent the last four years of his life in residence at the original Kripalu Center founded by Yogi Amrit Desai in Sumneytown, Pennsylvania. Primarily a compilation of quotes from Swami Kripalu's four years in the West, this book also draws on translations of earlier talks and written works that remain unpublished in English. The introduction and commentary by Richard Faulds is provided to set a broad context in which the meaning of the quotes can be understood and applied to yoga practice. Swami Kripalu was the inspiration behind Kripalu Center for Yoga and Health in Lenox, Massachusetts, the largest yoga, health, and program center in North America.