



Yoga Sutras of Fidel Castro

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In this second edition of *Yoga Sutras of Fidel Castro*, John Curl, author of *For All The People* and *Revolutionary Alchemy*, offers a new introduction to these fifty-one poetry aphorisms condensed from the wisdom of the masters of yoga and socialism, joining concepts spanning the universal borders of consciousness, freedom, peace and justice. Fidel Castro, one of the great revolutionaries of the modern era, now in his elder years, continues to grow in stature as a mature thinker, bringing new insights to the global struggle for personal liberation and social justice. By expanding his view to encompass yoga, Fidel approaches Mahatma Gandhi's truth-force vision of social revolution. The *Yoga Sutras of Fidel Castro* unites the revolutionary visions of Fidel and Gandhiji for liberation in society and in the inner self.

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