

# EFFORTLESS — BEING —

**The Yoga Sūtras of Patanjali**

**Translated by Alistair Shearer  
Photographs by Richard Lannoy**

1347224001

# Effortless Being The Yoga Sutras Of Patanjali

**Paul Hughes-Barlow**



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removed juice of 1 lemon 4 tbsp avocado oil 2 cloves mashed garlic salt and freshly ground pepper to taste hot red pepper  
flakes to taste 2 3 cup grated pecorino toscano cheese or any other grated italian cheese

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