

## 108 Yoga Sūtra Study Questions - 13

# यत्न

### Chapter One Samādhi Pādaḥ verse 13

tatra sthitau yatnaḥ abhyāsaḥ |

In Sūtra 1.13 Patañjali succinctly defines the aim of Abhyāsa as the effort to remain there.

What is the 'effort' mentioned here?  
Where is the 'there' mentioned here?