



## THE BASIC TENETS OF PĀTAÑJALA YOGA DARŚANAM

– By Srivatsa Ramaswami

In this booklet Ramaswami presents a background to the Yoga Sūtra of Patañjali by outlining concepts integral to understanding and appreciating its teaching.

Following this intention, introductions to the first and second chapters of the Yoga Sūtra are offered emphasising the important elements for practice, study and reflection.

A Content Headings Guide is suggested below, though the reader will need to apply page numbers as they are not in the original publication, from which the online PDF has 28 pages.

- 1) **Introduction**
  - Preamble Page 3
  - The Darśana Page 4
  - About Patañjali Page 4
  - On the word Yoga Page 4
  - The Three Principles Page 5
  - Puruṣa Page 6
  - Prakṛti Page 6
  - Īśvara Page 7
- 2) **Yoga Sūtra Chapter One**
  - Mental levels as per Yoga Page 7
  - Samādhi, its prerequisites and ramifications Page 9
  - Vairāgya and its stages Page 10
  - Para Vairāgyam Page 12
  - Path of Surrender Page 12
  - Eka Tattva Abhyāsa Page 13
  - Yogic awareness and understanding Page 15
- 3) **Yoga Sūtra Chapter Two**
  - Classification of Yoga students Page 16
  - Kriyā Yoga of Patañjali Page 17
  - Aṣṭāṅga Yoga Page 18
  - Codes for a Yogi Page 18
  - Benefits of practice of preliminary Aṅga Page 19
  - Āsanam Page 20
  - Breathing patterns Page 21
  - Breathing patterns in Āsana Page 22
  - Counterposes Page 22
  - Prāṇāyāma Page 24