



तपः स्वाध्यायेश्वरप्रणिधानानि क्रियायोगः ॥१॥

tapah svādhyāya-īśvara-praṇidhānāni kriyā-yogaḥ |

"The activities of Yoga are self-discipline, self-study and contemplation on the divine."

Yoga Sūtra Chapter Two verse 1

"The three Upāya to take control of our inability to see things clearly.

Tapas

Recognising that changing certain things enables us to see.
So to create conditions so that you recognise yourself.

Svādhyāya

Working in the direction of rectification.
The means that will help us examine ourselves.

Īśvara Praṇidhānā

To accept certain realities.
We may fail, things may go wrong,
so to develop a certain sense of interested detachment.
To act to the best of your ability and don't be attached to the results."

- Notes from my studies with TKV Desikachar.