

Yoga Sūtra Chapter One verses 1-4 epitomise our Yoga Journey in terms of

1. Yoga Sūtra Chapter One verse 1 on The Starting Point.



'Now follow the teachings of Yoga.'

2. Yoga Sūtra Chapter One verse 2 on The Vehicle.



'Yoga is the containment of movement in the psyche.'

3. Yoga Sūtra Chapter One verse 3 on The Goal.



Hazard Perception

'Then the seer's own character takes up its place.'

4. Yoga Sūtra Chapter One verse 4 on The Obstacle.



'At other times it conforms with the movement.'