

YOGA SŪTRA

The teachings of the Yoga Sūtra are best appreciated if we take them to heart through recitation, learning and reflection.

॥ atha samādhipādaḥ ॥

॥ atha sādhanapādaḥ ॥

॥ atha samādhipādaḥ ॥

atha - yogānuśāsanam | 1 |

॥ atha sādhanapādaḥ ॥

tapaḥ - svādhyāya - īśvarapraṇidhānāni - kriyāyogaḥ | 1 |

॥ atha samādhipādaḥ ॥

atha - yogānuśāsanam | 1 |

yogaḥ - cittavṛttinirodhaḥ | 2 |

॥ atha sādhanapādaḥ ॥

tapaḥ - svādhyāya - īśvarapraṇidhānāni - kriyāyogaḥ | 1 |

samādhibhāvanārthaḥ - kleśa - tanūkaraṇārthaśca | 2 |

॥ atha samādhipādaḥ ॥

atha - yogānuśāsanam | 1 |

yogaḥ - cittavṛttinirodhaḥ | 2 |

tadā - draṣṭuḥ - svarūpe - āvasthānam | 3 |

॥ atha sādhanapādaḥ ॥

tapaḥ - svādhyāya - īśvarapraṇidhānāni - kriyāyogaḥ | 1 |

samādhibhāvanārthaḥ - kleśa - tanūkaraṇārthaśca | 2 |

avidyā - asmitā - rāga - dveṣa - abhiniveśāḥ - kleśāḥ | 3 |

॥ atha samādhipādaḥ ॥

atha - yogānuśāsanam | 1 |

yogaḥ - cittavṛttinirodhaḥ | 2 |

tadā - draṣṭuḥ - svarūpe - āvasthānam | 3 |

vṛttisārūpyam - itaratra | 4 |

॥ atha sādhanapādaḥ ॥

tapaḥ - svādhyāya - īśvarapraṇidhānāni - kriyāyogaḥ | 1 |

samādhibhāvanārthaḥ - kleśa - tanūkaraṇārthaśca | 2 |

avidyā - asmitā - rāga - dveṣa - abhiniveśāḥ - kleśāḥ | 3 |

avidyā kṣetram - ūttaresāṃ - prasupta - tanu -

vicchinna - ūdārāṇām | 4 |