

YOGA SŪTRA

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

It is also said that the essence of a text can be expressed within the first four verses and that subsequent verses merely expand and develop these core teachings. Thus deep reflection on these verses can be as fruitful as extensive study of the entire chapter or text.

atha - samādhi-pādaḥ ||

atha - samādhi-pādaḥ ||

atha - yogānu-śāsanam | 1 |

atha - samādhipādaḥ ||

atha - yogānu-śāsanam | 1 |

yogaḥ - cittavṛtti-nirodhaḥ | 2 |

atha - samādhi-pādaḥ ||

atha - yogānu-śāsanam | 1 |

yogaḥ - cittavṛtti-nirodhaḥ | 2 |

tadā - draṣṭuḥ - svarūpe - āva-sthānam | 3 |

atha - samādhi-pādaḥ ||

atha - yogānu-śāsanam | 1 |

yogaḥ - cittavṛtti-nirodhaḥ | 2 |

tadā - draṣṭuḥ - svarūpe - āva-sthānam | 3 |

vṛtti-sārūpyam - itaratra | 4 |

atha - samādhi-pādaḥ ||

atha - yogānu-śāsanam | 1 |

yogaḥ - cittavṛtti-nirodhaḥ | 2 |

tadā - draṣṭuḥ - svarūpe - āva-sthānam | 3 |

atha - samādhipādaḥ ||

atha - yogānu-śāsanam | 1 |

yogaḥ - cittavṛtti-nirodhaḥ | 2 |

atha - samādhi-pādaḥ ||

atha - yogānu-śāsanam | 1 |

atha - samādhi-pādaḥ ||