

CHANT IN PRAISE OF YOGA

Chant from Vyāsa's commentary to Yoga Sūtra Chapter Three verse 6



yōgena yogo jñātavyo

yōgō yōgātprāvartate |

yō'pramattastu yōgena

sā yoge ramate cīram ||

“Only through Yoga Yoga is known,

Only through Yoga Yoga arises.

One who is diligent with Yoga,

Enjoys Yoga for a long time.”