

YOGA SŪTRA

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

atha - samādhi-pādaḥ ||

atha - samādhi-pādaḥ ||

atha - yogānuśāsanam | 1 |

atha - samādhipādaḥ ||

atha - yogānuśāsanam | 1 |

yogaḥ - cittavṛtti-nirodhaḥ | 2 |

atha - samādhi-pādaḥ ||

atha - yogānuśāsanam | 1 |

yogaḥ - cittavṛtti-nirodhaḥ | 2 |

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

atha - samādhi-pādaḥ ||

atha - yogānuśāsanam | 1 |

yogaḥ - cittavṛtti-nirodhaḥ | 2 |

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

vṛtti-sārūpyam - itaratra | 4 |

atha - samādhi-pādaḥ ||

atha - yogānuśāsanam | 1 |

yogaḥ - cittavṛtti-nirodhaḥ | 2 |

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

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