

CHANT IN PRAISE OF YOGA

Chant from vyāsa's commentary to yoga sūtra III 6

yō¹gena yogo jñā¹tav¹yo

yō¹gō yō¹gāt pravartate |

yō¹'prama tastu yō¹gena

sā yō¹ge ramate cira¹m ||

"Only through Yoga Yoga is known,

Only through Yoga Yoga changes.

One who is patient at Yoga,

Enjoys the fruits over a long time."