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most central scriptures in the subject of yoga and meditation, describing the soul ' s pathway to God. But the sutras themselves can be hard to understand. Although many other books have been written on these ancient words, confusion still exists about the meaning.

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Thought. The Yoga
Sutras of Patanjali is often
cited as the philosophical
counterpart to today ' s
physical yoga practices.
The implication is that
the two were passed
down together through
the ages hand in hand,
but it won ' t surprise
anyone who has
researched the history of
yoga asana to find out
that that ' s not really the

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Pata ñ jali is a collection

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the theory and practice of

yoga. The Yoga Sutra was

compiled sometime

between 500 BCE and

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400 CE by the sage Patanjali in India who synthesized and organized knowledge about yoga from much older traditions. The Yoga Sūtra of Patañjali was the most translated ancient Indian text in the medieval era, having been translated ...

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As Kriyananda writes in
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As you may know, the most ancient approach to yoga practice is outlined by the Yoga Sutras of Patanjali. It is in Patanjali ' s system that we get the 8 Limbs of yoga: Yama, Niyama, Asana, Pranayama,

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Pratyahara, Dharana,
Dhyana and Samadhi.

This is the gradual,
systematic flow that will
take you from normal
consciousness to the
supreme realization.

Patanjali and Hatha
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Long ago, the sage
Patanjali gave yogis

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ashtanga yoga, which you may know as the eight limbs of yoga. This body of wisdom explains a natural progression of techniques to train the body, mind, and senses for spiritual evolution. This system explained in this collection of aphorisms is called Patanjali ' s Yoga Sutras.

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Swami Jnaneshvara
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