



Yoga Poster

Description

The yoga sutras of Pantajali are a set of 196 aphorisms that guide yoga practice. They are one of the most important texts in yoga and offer a comprehensive view of the philosophy and practice of yoga.

Patanjali compiled the classic sutras around 200 CE for an in-depth look at the nature of mind, consciousness, and liberation. The timeless teachings work as practical advice rooted in the yoga tradition.