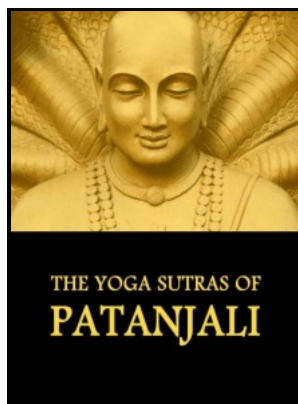


# Yoga sutras of Patanjali

## Integral Yoga Publications - What are The Yoga Sutras?



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### Patanjali's Yoga Sutras: A Beginner's Guide

To him, they were secondary to meditation itself. Although Yoga becomes one of six schools of orthodox Hindu thought, its adherents naturally consider it to supersede the other schools. Sadhana pada: Describes the eight steps to follow for spiritual evolution.

### What are The Yoga Sutras?

Before the 20th century, history indicates the Indian yoga scene was dominated by the Bhagavad Gita, Yoga Vasistha, texts attributed to Yajñavalkya and Hiraṇyagarbha, as well as literature on hatha yoga, tantric yoga and pashupata yoga rather than the Yoga Sūtras of Patañjali. The mind gathers the impressions from the organs of perception and stores them within your memory.

### Yoga Sutras of Patañjali: Ashtanga Yoga, Asanas, Pranayama

So, if this text is explaining the essence of yoga, how can it omit poses or postures? It gained prominence again as a comeback classic in the 20th century. He said that he would put a screen in- between him and his students, and told them that nobody was to lift the screen, or leave.

### Ask a Yogi: What are Patanjali's Yoga Sutras?

Most commentators on the Yoga Sutras, in addition to an invocation to God, offer homage to Patanjali himself, the author of the text, usually invoking him in his traditional form as an incarnation of Sesa, the bearer of Viṣṇu.

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