

# Yoga sutras of Patanjali

Integral Yoga Publications - Patanjali Yoga Sutras : Commentary by Sri Sri



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Ashley is new to yoga and developing her practice from her student flat. These personal realizations, says Hariharananda, are handed down from teacher to disciple, generation after generation. Santosha: The ethic of contentment.

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

This is the practice most people envision when they think of yoga: the physical postures you do on the mat.

### Patanjali Yoga Sutras : Commentary by Sri Sri

He claimed to have received his hatha yoga training while living in a cave in Tibet or Nepal for seven years with his guru and also through an ancient book called the Yoga Korunta that he personally discovered in a library in Calcutta and that was later mysteriously eaten by ants. By self-control on such action, one portends the time of death.

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

The Yoga Sūtras of Patañjali are 196 Indian sutras aphorisms.

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