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state of direct and reliable  
perception ( pram??a) where  
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Samyama is the finer tool  
(Yoga Sutras 3.4-3.6) 3.4

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samadhi, when taken together  
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ethical life both on and off  
the mat. While the complete  
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195 aphorisms that yoga  
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practiced and what the  
benefits are to the

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practitioner. It is  
attributed to Patanjali,  
about whom little is known.  
We do know that he was a  
philosopher who lived  
between 100 BC and 200 AD.

Patanjali's Yoga Sutras: A

*Page 24/84*



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should live your own life.

3. Asana: The seat of

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consciousness; the yogi's  
seat and postures to prepare  
the body. 4. Pranayama:  
Expanding the life force  
through breathing exercises.  
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Yoga Sutras Explained:

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Everything You Need to Know  
Yama (yama), Niyama  
(niyama), ?sana (?sana),  
Pr???y?ma (pr???y?ma),  
Praty?h?ra (praty?h?ra),  
Dh?ra?? (dh?ra??), Dhy?na  
(dhy?na) (and) Sam?dhi  
--sam?dhi-- (sam?dhaya?)

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(are) the eight (aṣṭau)  
limbs --aṣṭāṅga-- (of Yoga)  
(aṣṭāṅgaṇi)--after this  
statement, Patañjali will  
describe each of them in  
detail--||29||

Patañjalayogasūtra-s

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What we know about  
Patanjali, the sage who  
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enough yoga classes and  
you'll eventually hear one  
of your teachers quote from

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the Yoga Sutra, which is the  
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form the background for the  
yoga tradition. Dr. Bryant  
teaches us to delight in the  
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"threads" (as sutra  
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about the sutras and  
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Satchidnanda is a mandatory  
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Contents. Chapter I -

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Awareness (samadhi) Chapter  
II Practice (sadhana)  
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- Liberation (kaivalya)  
Chapter I - Awareness  
(samadhi) 1. Now (are  
presented) instructions on

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yoga. 2. Yoga is cessation  
(nirodha) of the mind  
modifications  
(cittavrittis).

The Yoga Sutras of Patanjali  
- Hindu Website  
Patanjali brought back and

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connected the pieces so the authentic meaning of yoga could shine by channeling his talent of Sanskrit and creating the Yoga Sutras. While the sutras are often associated with classical Raja, or royal, yoga, the

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philosophy and teachings are  
a source of inspiration and  
elevate the spirit of all  
yogis.

Providing a complete manual  
*Page 48/84*



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edition present form in India  
around the third century  
b.c. Yoga is from the  
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meditation, it has exerted  
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