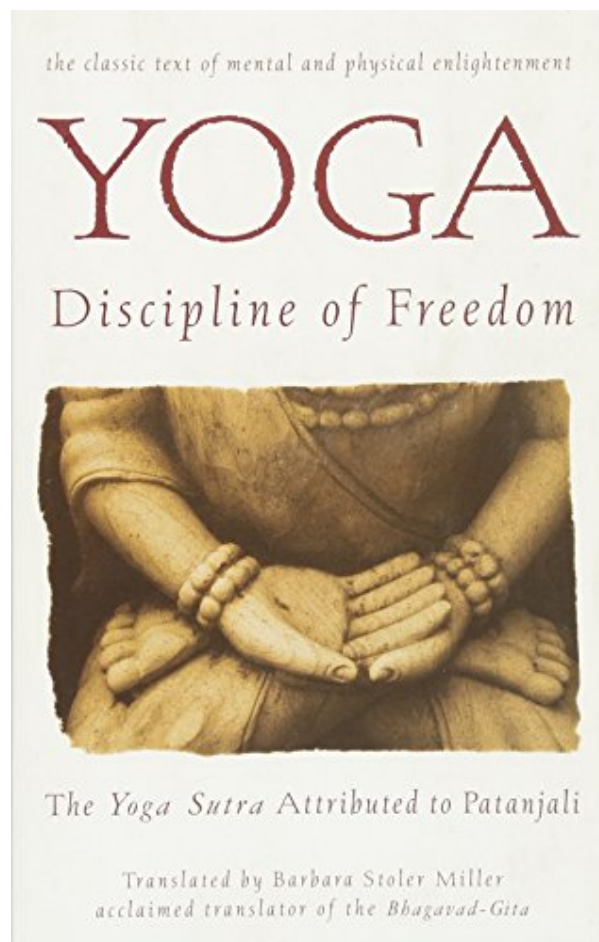


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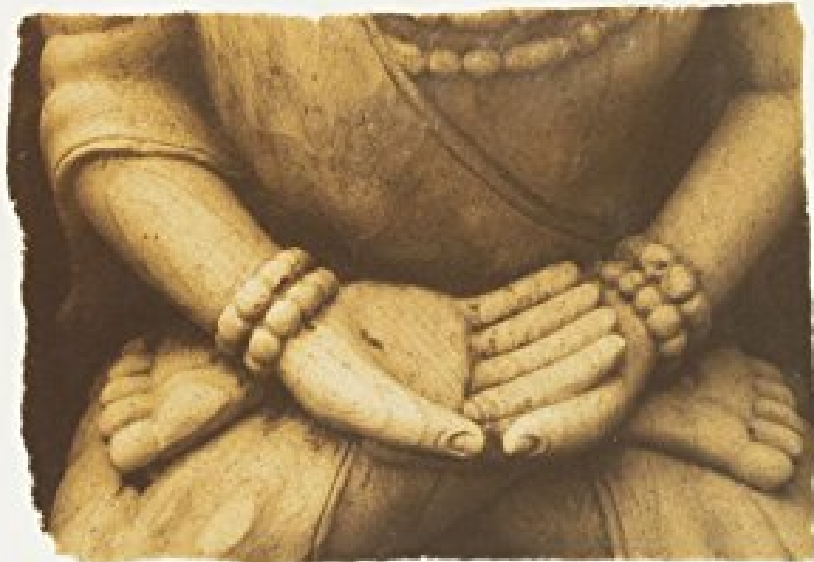
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YOGA

Discipline of Freedom



The Yoga Sutra Attributed to Patanjali

*Translated by Barbara Stoler Miller
acclaimed translator of the Bhagavad-Gita*

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Language Notes

Text: English (translation)

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Dating from about the third century A.D., the "Yoga Sutra distills the essence of the physical and spiritual discipline of yoga into fewer than two hundred brief aphorisms. It is the core text for any study of meditative practice, revered for centuries for its brilliant analysis of mental states and of the process by which inner liberation is achieved. Yet its difficulties are legendary, and until now, no translation has made it fully accessible.

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