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often cited as the philosophical counterpart to today ' s physical yoga practices. The implication is that the two were passed down together through the ages hand in hand, but it won ' t surprise anyone who has researched the history of yoga asana

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collection of 195

Sanskrit sutras on the
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by the sage Patanjali
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“ My Guru personally shared with me some of his most important insights into these

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Limbs of yoga: Yama,
Niyama, Asana,
Pranayama,
Pratyahara, Dharana,
Dhyana and Samadhi.
This is the gradual,
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