



What is Yoga?

# **In your groups, discuss...**

- What is yoga?
- What does yoga mean to me?
- What do I most want to learn about yoga?



Yoga is so  
many things!

# Beginnings...

- A beginner's mind ([link](#))
- Setting your intentions for the course...

# What did the ancient yogis say?

- Yoga has a vast and ancient history
- Origins trace back 1000s of years
- Key text: Yoga Sutras of Patanjali

# The Yoga Sutras of Patanjali

- Who was Patanjali?
- What are Sutras?
  - Thread
  - Condensed ideas
  - Designed to be memorised by the student – taught verbally
  - Written in Sanskrit.
  - 196 sutras
- The Sutras give us both the practice and the goal of Yoga

# The 4 Chapters

- **Chapter 1:**

Samadhi Pada – the purpose and path

- **Chapter 2:**

Sadhana Pada – practice

- **Chapter 3:**

Vibhuti Pada – fruits of practice

- **Chapter 4:**

Kaivalya Pada – the goal of yoga

# Sutras 1.1 – 1.4

1.1: Now begins the instructions on Yoga

*Welcome to yoga*

1.2: Yoga is stilling the fluctuations of the mind

*Yoga is gathering the content of the mind*

1.3: Then the Seer abides in Its own nature

*So that you discover the light of who you truly are*

1.4: At other times, the Seer appears to take on  
the roaming tendencies of the mind

*Otherwise, we become entangled in our thoughts and lose ourselves*



*“Yoga is the realisation that the “little you” is an expression of the larger whole” Donna Farhi*

# The Vrttis

**Right  
Knowledge**

**1.7: Pramana**

**Misconception**

**1.8 Viparyaya**

**Imagination**

**1.9 Vikalpa**

**Sleep**

**1.10 Nidra**

**Memory**

**1.11 Smrtti**

# **Practice: The Vrittis – helpful or unhelpful?**

In pairs:

Consider your selected vritti...

How is this activity of the mind helpful or unhelpful?

## **Yoga is both the practice and the goal**

“Yoga works from the outside in. We begin with a study of our actions, move on to our bodies and on to our breath.

Then, turning inward, we follow our thoughts to their source. We use our own light to return to the source of light.

With our attention resting steadily in the present, our bondage to past conditioning slowly dissipates.

Who we thought we were slowly fades into unimportance in the brilliant light of our true nature”

~ Rolf Gates ~

'Expansion' by [Paige Bradley](#)

