

Rezitation: YS I - IV

*** Samadhi Padah ***

- YS I.1. *atha yogā nuśasānam*
- YS I.2. *yogaś chitta vrtti nirodhah*
- YS I.12. *abhyāsavairāgyabhyām tannirodhah*
- YS I.23. *iśvara pranidhānād vā*
- YS I.33. *maitri-karunā mudito-pekshānām sukha-dukha-punyāpunya-
viśāyānambhāvanātaś chitta prasādanam*

*** Sadhana Padah ***

- YS II.1. *tapah svādhyāya ishvara pranidhānāni kriyā yogah*
- YS II.3. *avidyā asmitā rāga dvesha abhiniveśāh kleśāh*
- YS II.29. *yama-niyama-āsana-prānāyāma-pratyāhāra-dhāranā-dhyāna-
samādihahayo´ shtavangāni*
- YS II.35. *ahimsā pratishthāyām tat sannidhau vaira tyāgah*
- YS II.46. *sthira sukham āsanam*

*** Vibuthi Padah ***

- YS III.1. *deśa-bandhaś chittasya dhāranā*
- YS III.4. *trayamekatra samyamah*

*** Kaivalya Padah ***

- YS IV.15. *vastu-sāmye chitta-bhedāt tayor vibhaktah pantah*
- YS IV.28. *hānam eshām kleśavad uktam*
- YS IV.33. *ksanapratiyogi parināmāparānta n*