

CHANT IN PRAISE OF YOGA

Chant from Vyāsa's commentary to Yoga Sūtra Chapter Three verse 6



yōgena yogo jñātavyo

yōgō yōgāt pravartate |

yō'prama tastu yōgena

sā yoge ramate cīram ||

“Only through Yoga Yoga is known,

Only through Yoga Yoga changes.

One who is patient at Yoga,

Enjoys the fruits over a long time.”