

Verse in Praise of Yoga

From Vyāsa's commentary to Patañjali's Yoga Sūtra III, 6

yōgena yogo jñātavyo

Through Yoga, Yoga is known

yōgō yogātpṛavartate |

Through Yoga, Yoga progresses

yō'pṛamātt'astu yogena

Anyone who's not careless with Yoga

sā yōgē ramāte cīram ||

Enjoys/rests in Yoga for a long time

Translation by Michael Hutchinson 2018

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