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collection of 195  
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the theory and  
practice of  
yoga. The Yoga  
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who synthesized  
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with me some of  
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the most ancient  
approach to yoga  
practice is outlined  
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of Patanjali. It is in Patanjali's system that we get the 8 Limbs of yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. This is the gradual, systematic flow that will take you from normal consciousness to

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Patanjali gave  
yogis ashtanga  
yoga, which you  
may know as the  
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