

## Ausgewählte Yoga-Sutren des Patañjali

1. atha yoga-anuśāsanam. (I.1)
2. yogaś citta-vṛtti-nirodhaḥ. (I.2)
3. tadā draṣṭuḥ svarūpe 'vasthānam. (I.3)
4. vṛtti-sārūpyam itaratra. (I.4)
5. abhyāsa-vairāgyābhyāṃ tan-nirodhaḥ. (I.12)
6. īśvara-praṇidhānād vā. (I.23)
7. tapaḥ-svādhyāya-īśvarapraṇidhānāni kriyā-yogaḥ. (II.1)
8. avidyā-asmitā-rāga-dveṣa-abhiniveśāḥ kleśāḥ. (II.3)
9. heyam duḥkham anāgatam. (II.16)
10. viveka-khyātir avioplavā hāna-upāyaḥ. (II.26)
11. yoga-aṅga-anuṣṭhānād aśuddhi-kṣaye  
jñāna-dīptir ā viveka-khyāteḥ. (II.28)
12. yama-niyama-āsana-prāṇāyāma-pratyāhāra  
dhāraṇā-dhyāna-samādhayo 'ṣṭāv aṅgāni. (II.29)