

## The Science of Yoga



These lectures are intended to give a plan of Yoga, so that you can prepare trainees to take up, for practical purposes, the Yoga sutras of Patanjali, the primary treatise on Yoga. I've readily available, with my friend Bhagavan Das as collaborateur, a translation these Sutras, with Vyasas commentary, along with a further commentary and elucidation written in the lighting of Theosophy. [FN#2: These have not been finished or printed.] To ready a student for the mastering of their more difficult task, these lectures were designed; hence the many references to Patanjali. They might, however, also will give the normal lay reader some thought of the Science of sciences, and perhaps to allure several towards its study.

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