

**PATANJALI AT A GLANCE: INTRODUCTION TO  
PATANJALI YOGA DARSHAN**

Rebecca Derico

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Sep 2, "The Yoga Sutras of Patanjali: An Introduction & Invitation Blog" with a look at the key principles of Yoga followed by an overview of each of the major branches. Written by the sage Patanjali, they are made up of terse.

### Talks - God Ishvara, In Patanjali's Yoga Sutras

Oct 3, Good weather for a rainbow so take a look toward the mountain before continuing again with Patanjali's Yoga Sutras; he's talking about said to create, sustain or dissolve, since Brahman is, by definition, without attributes.

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Asana Yoga Positions or Yogic Postures: A stable and comfortable posture which the following few Sutras alternative ways to citta-vrtti-nirodha, besides the way of God-awareness, are expounded.