

# Raja Yoga

**Raja Yoga is a practical guide for gaining control of the mind.**

**The following Sutras give the seeker a foundation in basic raja yoga:**

<b>The Definition and Goal of Yoga</b>	Sutras Book I	No. 1-4
<b>Mapping the Mind</b>		No. 5-11
<b>Practice and Non-Attachment</b>		No. 12-16
<b>OM</b>		No. 27-29
<b>Four Locks and Keys</b>		No. 33
<b>Ashtanga Yoga:</b>	Sutras Book II	No. 28-48
<b>Pranayama and Meditation:</b>	Sutras Book III	No. 49-55 No. 1-3