

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:

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