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It is one of the six philosophies and scripture in the Yoga Shastra. Patanjali composed the Yoga Sutras 3000 years ago. There is a law in the Yoga sutra to converge the mind and merge into God.

Yoga is the carrier of development of virtues

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The yoga sutras of patañjali, Book III, Vibhuti pada, Sutra 53, The yoga series, after John Baldessa, 2012

Yoga sutras were written by a man called Patanjali. He identified eight limbs or corners of yoga; only one of them was about the body. The first corner or limb was actually focused on your ...

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the eight limbs of yoga and the Patanjali yoga sutras. When DoubleTree by Hilton voted the Lamu Yoga Festival the number one yoga festival in the world worth travelling for – the festival ' s ...

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Iyengar yoga is based on the traditional eight limbs of yoga,

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