

CORE COURSE XII – INTRODUCTION TO YOGA

Prescribed Text :

Yogasutra of Patanjali

Publishers :

1. Sri Ramakrishna Math, Mylapore, Chennai – 600 004.
2. M/s. Motilal Banarsidass, Indological Bock – sellers and Publishers, Delhi – 110 007.
Branch : 120 Royapettah High Road, Mylapore, Chennai – 600 004.

UNIT I	Yoga Sutra	Chapter I Sutra s 1 to 40
UNIT II	and	Chapter I Sutras 41 to 51 Chapter II Sutras 01 to 30
UNIT III	and	Chapter II Sutras 31 to 55 Chapter III Sutras 01 to 15
UNIT IV		Chapter III Sutras 16 to 55
UNIT V		Chapter IV Sutras 01 to 34