



**An Introduction to Yoga, Four Lectures Delivered
at the 32Nd Anniversary of the Theosophical
Society, Held at Benares, on Dec: 27Th, 29Th, 1907
(Classic Reprint)**

Annie Wood Besant

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Yoga, in order to prepare the student to take up, for practical purposes, theS utras of Patanjali, the chief treatise on Yoga. I have on hand, with my friend Bhagavan Das as collaborates, a translation of theseS utras, with Vyasa scommentary, and a further commentary and elucidation written in the light ofT heosophy. To prepare the student for the mastering of that more difficult task, these lectures were designed ;hence the many references toP atanjali. They may, however, also serve to give to the ordinary lay reader some idea of theS cience of sciences, and perhaps to allure a few towards its study.

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