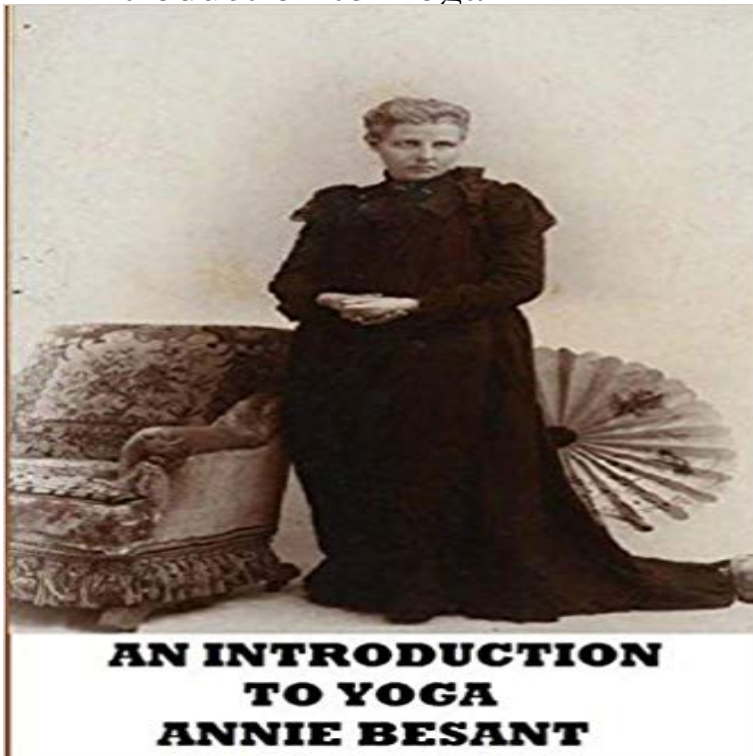


## An Introduction to Yoga



These lectures [Delivered at the 32nd Anniversary of the Theosophical Society held at Benares, on Dec. 27th, 28th, 29th, and 30th, 1907.] are intended to give an outline of Yoga, in order to prepare the student to take up, for practical purposes, the Yoga sutras of Patanjali, the chief treatise on Yoga.

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