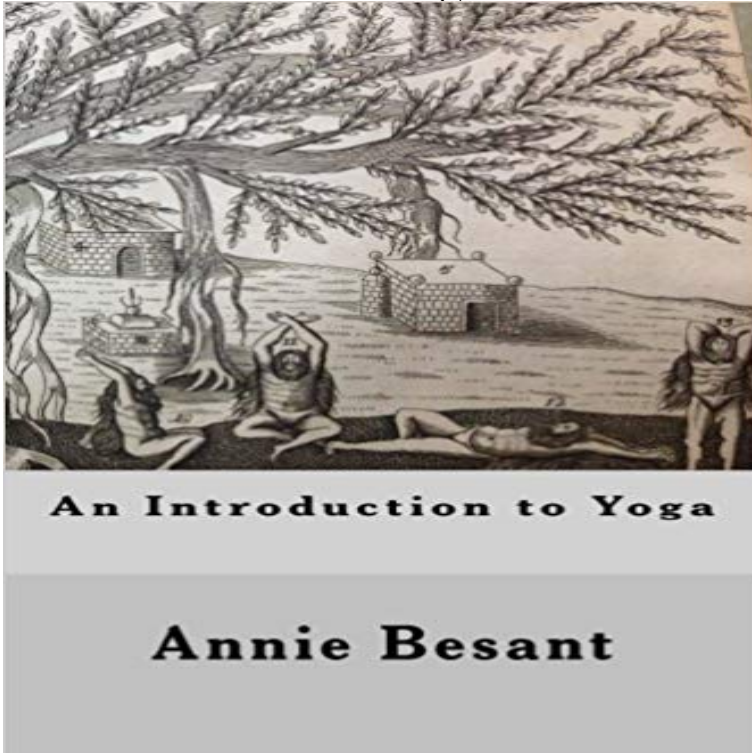


An Introduction to Yoga



These lectures, delivered at the 32nd Anniversary of the Theosophical Society held at Benares in 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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