

अथ

ATHA

Readiness for yoga

1

The study of yoga requires
commitment, dedication, and a teacher.

With an open heart-mind I can direct
my attention inward and see what unfolds.

I will set aside time for learning
and practicing all aspects of yoga.

I am ready to begin.





चित्त

CITTA

Heart-mind field of consciousness

2

The heart-mind is the center of consciousness.

I understand the citta as a link between external
objects and the inner light of awareness.

I will recondition my heart-mind field
toward clarity and kindness.

