**Essay Question:**

**Read Lines II.34 and II.35 from chapter two of the Yoga Sutra’s of Patanjali. Summerize, in your own words, the meaning of these sutra’s. Explain how they can be used in your life, with people you find difficult, in your practice and in teaching your students.**

**The yoga sutras of Patanjali are marked in Classical period (c150-200 AD) and thus referred as classical Yoga**

**Pantanjali is the compiler of sutras of which there are eight major ones called eight limbs of classical yoga.**

**The sutras can be practiced through a consistent meditation as well as the physical practice of asanas. It’s really helpful for all the individuals to evaluate themselves like how we are as in person with ourselves and our loved ones . It helps us determine as to how to focus on ourselves by practicing meditation & pranayama (breathing practices) in silence. It requires a lot of attention and no distraction form the outer world. It teaches us how to use our energy wisely (Brhmachaya) and where to use it or not use it. We can learn patience and discipline (Niyamas). We need to study ourselves or contemplate with full devotion and dedication .The further practices like Asanas can make us a better person as an individual by moving our body to make us stronger ,flexible and relaxed. This way we can cultivate our inner awareness (dharna )by being mindful to ourselves only and we make sure that how to be consistent in sustaining the awareness (Dhyana)when finding obstacles/hindrances in life. This way you become your true self (Samadhi) which is unseparated.**