**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.**

**Answer:**

These sutras touch on the subject of inner non-violence. Once the yogi has established peace and enough awareness of distructive patterns that are inherent in human nature, he then has the power to transform these unconscious movements in others.

This is an essential skill to have being a yoga teacher. To be able to subsidize any stress or personal problems before the class, and standing clear and strong in face of a group of people. Delivering an experience of peace that is easier to tune into when the teacher is in his unmovable place inside.