

## **SADHANA PADA**

### **sutra 1**

**tapah svadhyaya isvara pranidhanani kriya yoga**

**= the activity of yoga is passionate self enquiry (until) absorbed in the source of action**

**tapah = burning, enthusiasm, passion**

**sva = own, self, itself**

**adhyaya = enquiry**

**svadhyaya = selfenquiry, enquiry itself**

**is = choose, choice**

**vara = power**

**isvara = the power to choose, the choice maker, the source of action**

**pranidhanani = align with, merge with, absorbed by**

**kriya = activity**

**yoga = yoga**