



THE SHANTII PROJECT

— YOGA AS MEDICINE —

# The Yoga Sutras of Patanjali

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A BEGINNER'S COMPANION

*Ancient wisdom for the modern racing mind*

*“Yoga is the stilling of the  
fluctuations of the mind.”*

—

YOGA SUTRA 1.2

# What are the Yoga Sutras?

Nearly two thousand years ago, the sage Patanjali distilled the essence of yoga into 196 short aphorisms called sutras — literally, ‘threads.’ They are not a religion, and they are not a workout. They are a precise map of the mind: how it becomes restless, and how it can be made still.

The very second sutra defines the entire path. Everything that follows is commentary on this single line:



## Yogas chitta vritti nirodhah

*“Yoga is the stilling of the fluctuations of the mind.”*

YOGA SUTRA 1.2

When the mind settles, Patanjali says, we rest in our true nature (I.3). The rest of the time we are swept along by our thoughts, mistaking the noise for ourselves (I.4). Every tool of yoga — breath, movement, meditation, ethical living — is simply the art of coming back to stillness, again and again.

196

sutras, in four short chapters

~2,000

years old, still startlingly modern

1

central idea: a mind that can rest

*You do not need to master Sanskrit or touch your toes. You only need a few quiet minutes, and the willingness to begin again.*



PART TWO

# The Eight Limbs of Yoga

*Ashtanga – the eightfold path to a steady mind, from the outer life inward*

1

## Yama

HOW WE MEET THE WORLD

Non-harming, truthfulness,  
non-stealing, moderation, non-grasping.

2

## Niyama

HOW WE MEET OURSELVES

Cleanliness, contentment, discipline,  
self-study, surrender.

3

## Asana

A STEADY, EASEFUL POSTURE

The body made still, so the mind can  
follow.

4

## Pranayama

REGULATION OF THE BREATH

The bridge between body and mind –  
the fastest route to calm.

5

## Pratyahara

TURNING THE SENSES INWARD

Gently turning down the volume of the  
outside world.

6

## Dharana

CONCENTRATION

Holding attention softly on a single  
point.

7

## Dhyana

MEDITATION

Attention that flows without effort or  
interruption.

8

## Samadhi

ABSORPTION

The quiet, spacious stillness beyond the  
restless mind.



PART THREE

# To Quiet the Mind, Begin Here

*Five threads from Patanjali you can hold today*

## Practice, gently and consistently

SUTRA 1.14

Practice becomes firm when done for a long time, without interruption, and with devotion.

## Let go of the need to control

SUTRA 1.12

Stillness grows from steady practice and non-attachment, held together like two wings.

## Cultivate a friendly mind

SUTRA 1.33

Meet others with kindness, compassion, and joy — and the mind becomes clear and calm.

## Steady the breath

SUTRA 1.34

Calm the mind by slowly releasing the breath, and resting in the pause at its end.

## Return, without judgment

When you drift, simply begin again. The returning is the practice.



This is where our work begins.

At The Shantii Project we take these ancient threads and weave them into a practice built for your mind — through our 7-Day Reset, 1:1 mentorship, and wellness retreats.

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