

In the Vedas:

The Vedic hymns used the term “yoga” to refer to the yoking of a warhorse to its chariot, and so yoga as yoking had the extended meaning of “war” or “wartime.”

-- David Gordon White, contemporary religious studies scholar

In the Katha Upanishad:

The Self is hard to perceive,
wrapped in mystery, set in the cave,
and hidden in the depth.

The wise one **centers awareness on this Self**,
and realizing it as divine,
leaves far behind both joy and sorrow.

Katha Upanishad 2:12-14

Adhyatma-yoga: the yoga of centering awareness on the inner Self

This is what is called yoga: the steady concentration of the senses.

Katha Upanishad 6:11

In the Bhagavad Gita:

Be steadfast in yoga, O Arjuna.
Relinquishing attachment, perform actions with impartiality
to success and failure.
This equanimity is called yoga.

Bhagavad Gita 2:48

Disciplined by understanding, one abandons both good and evil deeds.
Therefore devote yourself to yoga—yoga is skill in action.

Bhagavad Gita 2:50

When the mind comes to rest through the discipline of yoga,
beholding the Self, he is content in the Self...
Abiding there, he is unmoved even by deep suffering...
Let this be known as yoga: unbinding (*viyoga*) the bondage (*samyoga*)
to suffering.

Bhagavad Gita 6:20-23