



YOGA PHILOSOPHY: A comprehensive framework for understanding and living a yogic life . Learning the spiritual, ethical, modern and practical aspects of yoga aiming towards a balanced and fulfilled life.

Yoga Philosophy offers a comprehensive framework for understanding and living a yogic life. It encompasses various spiritual, ethical, modern, and practical aspects that aim towards a balanced and fulfilled life. Here's an overview:

Content –

- ❖ ASHTANGA YOGA OF PATANJALI- a modern, relevant and a rational outlook of understanding the yamas , niyamas. Understanding the philosophy of asanas, pranayama, pratyahara , dharna , dhyana and samadhi
- ❖ Nine obstacles in the path of yoga
- ❖ Five types of the mind (as per sage Patanjali)
- ❖ Panch-kleshas (Five major reasons for suffering)

1. Major paths of Yoga:

- ❖ Raja Yoga: The path of meditation and mental discipline.
- ❖ Karma Yoga: The path of selfless action and service.
- ❖ Bhakti Yoga: The path of devotion and love for the divine.
- ❖ Jnana Yoga: The path of wisdom and knowledge.

Key Aspects:

1. Spiritual Dimensions:

- **Self-Realization:** Yoga is a journey towards self-awareness and realization of one's true nature.
- **Inner Peace:** Practices like meditation and mindfulness help in attaining inner peace and tranquillity.
- **Connection with the Divine:** Yoga promotes a deep connection with the divine or universal consciousness.

2. Ethical Principles:

- **Yamas and Niyamas:** These are ethical guidelines that form the foundation of yoga practice. They include

principles like non-violence (Ahimsa), truthfulness (Satya), and self-discipline (Tapas).

- **Living with Integrity:** Encourages living a life of honesty, compassion, and integrity.

3. Modern Application:

- **Adaptability:** Yoga philosophy can be integrated into modern life to manage stress, improve mental clarity, and enhance overall well-being.
- **Holistic Health:** Embraces practices that promote physical, mental, and emotional health in the context of contemporary living.

Benefits:

- **Holistic Well-being:** Integrates physical, mental, and spiritual health.
- **Balanced Life:** Encourages a harmonious and balanced approach to life.
- **Fulfillment:** Leads to a deeper sense of purpose and fulfillment.

FOR REGISTRATIONS CALL  **WhatsApp +91 9625779356**

OR Scan the QR Code

