

# What and How of Yoga

*Yoga* is the science of right living.

**YOGA** Works on –Physical, vital, mental, emotional, psychic and spiritual Aspects.

*Yoga* Means –Unity of Individual consciousness with Universal cosmic consciousness.

*Yoga also* Means –Balancing and Harmonising

- Body
- Emotions and
- Mind

*Yoga* can be achieved THRU Asana, Pranayama, Mudra, Bandha, Shatkarma, Meditation

*These practices help* TO Attain Union with the higher reality.

*Yoga* AIMS –at bringing different bodily functions, organs, muscles and nerves into perfect Coordination for The good of the whole body.

According to Sw Sivanand: YOGA is Integration and Harmony between Thought Word and Deed.

YOGA is the Integration of The Head, Heart, and Hands.

INFLUENCES–Buddhists ignored the preparatory practices of Yoga; Stressed on Meditation, Ethics and Morality.

*Yoga* PROVIDES –Means for people to find their own way of connecting with their true selves.

*Yoga* Makes Possible –To manifest Harmony and Make compassion to emerge.

*Yoga* IS a Way of Life an experience which cannot be understood intellectually.

*Yoga* Will become a living knowledge thru **Practice and Experience**.

*From “Asana Pranayama Mudra Bandha” by Sw Satyananand Saraswati*