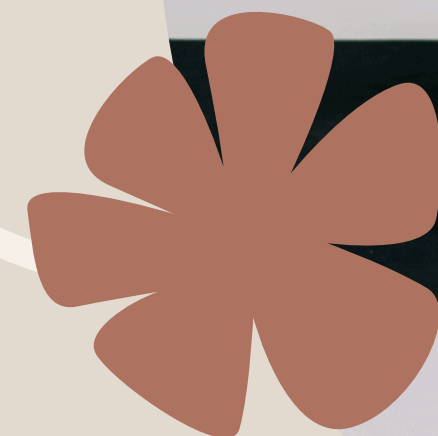




Atulyam Yog

Connecting body and mind through Yog





What Is Yoga?

Yoga is often a loosely used term in English and Western cultures, derived from the Sanskrit word Yog. The literal meaning of Yog is "binding" or "union." The actual definition of Yoga depends on the philosophical context a seeker refers to.



Earliest Reference of Yog

The first mention of Yoga appears in the Bhagavad Gita (2.48):

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।
सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ।

Translation:

"Be steadfast in the performance of your duty,
O Arjuna, abandoning attachment to success
and failure. Such equanimity is called Yoga."





Authentic Text on Yog

1. Hatha Yoga Pradipika

2. Patanjali Yoga Sutras






Yog Definition by Patanjali

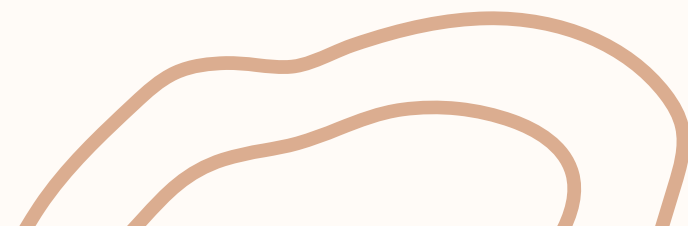
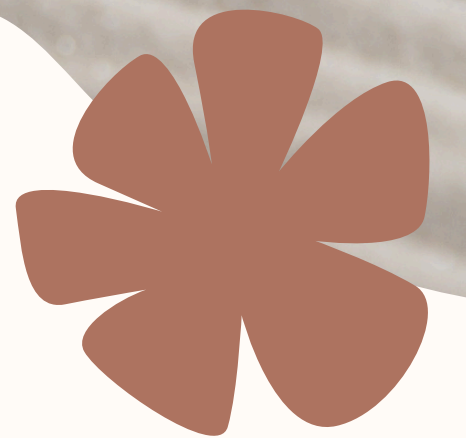
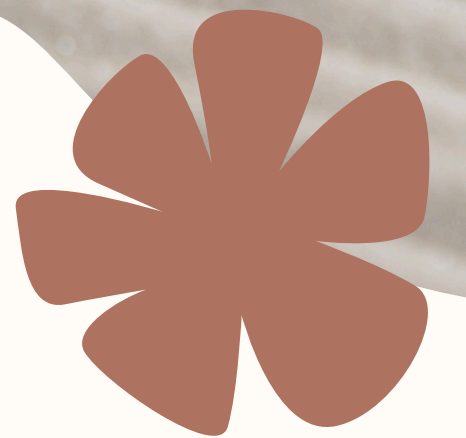
योग: चित्त वृत्ति निरोधः

"Yoga is the cessation of the fluctuations of the mind."

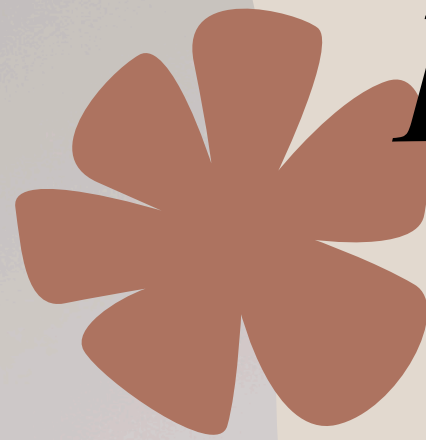


In addition, the Patanjali Yoga Sutras consist of 4 chapters and 195 or 196 sutras (verses), depending on the manuscript tradition.

Patanjali Yoga Sutras describe the 'Ashtanga Yoga' eight limbs of yoga.



Exploring the Eight Limbs of Yoga

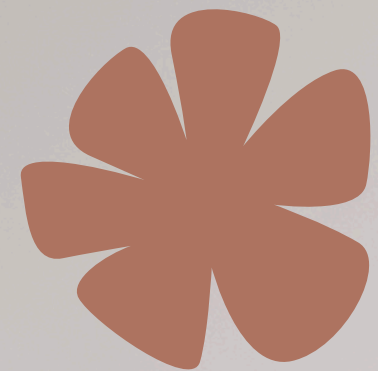


1. Yama (Ethical Disciplines): Harmony of the surrounding
2. Niyama (Personal disciplines): Harmony within
3. Asana (Postures): Prepares the body for the remaining 5
4. Pranayama (Breath Control): Control over breath to control mind
5. Pratyahara (Withdrawal of Senses): Mind controlling the senses
6. Dharana (concentration): Developing a one-pointed focus of the mind
7. Dhyana (Meditation): continuous, uninterrupted stream of awareness
8. Samadhi (Absorption or Liberation): Only the awareness of the object of the Dhyana remains.

Four modern-day yoga pioneers and their ashrams/institutions in India have significantly contributed to spreading yoga to the West and popularizing its health benefits:

1. *The Yoga Institute* (Mumbai, Maharashtra)
 - Founded by: Yogendraji (Shri Yogendra), also known as "The Father of Modern Yoga Renaissance.
2. *Kaivalyadhama Yoga Institute* (Lonavala, Maharashtra)
 - Founded by: Swami Kuvalayananda in 1924.
3. *Divine Life Society* (Rishikesh, Uttarakhand)
 - Founded by: Swami Sivananda in 1936.
4. *Sri T. Krishnamacharya* (Mysore, Karnataka)
 - Legacy: Known as the "Father of Modern Yoga.





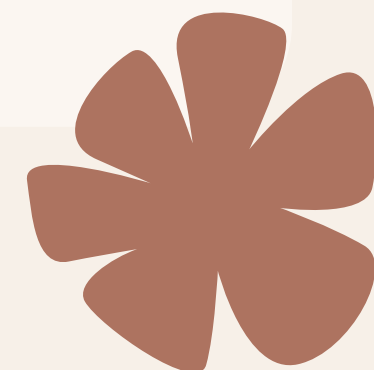
The 4 primary spiritual paths in Hindu philosophy are:

Karma Yoga : The path of selfless action and service without attachment to results.

Bhakti Yoga : The path of devotion and love towards a personal deity or the divine.

Jnana Yoga : The path of knowledge and wisdom, focusing on self-inquiry and realization of the self.

Raja Yoga : The path of meditation and discipline, often associated with the Ashtanga Yoga system described by Patanjali.



Ayurveda vs Yog

- *Ayurveda* Goal is to achieve optimal health and balance in body, mind, and spirit to live a long, healthy, and purposeful life
- *Yog* is to overcome pain & suffering permanently. Yog is built on Triguna's : Sattva(light), Rajas(fear, restlessness, insecurity) and Tamas(ignorance)



Thank You

Atulyam Yog

