



Overview of Yoga

Intro Course Presentation

November 8-9, 2008

Topics

A. Overview

- Yoga – what it means, achieving it, Patanjali's approach,
- Everything in life can be Yoga, Dilution of Yoga, Yoga Today

B. History

- Chronological View of Texts, Cloudy Origins of Yoga,
- Patanjali's Yoga Sutra & Asthanga Yoga, Yoga & Religion,
- Hatha Yoga, Kundalini Yoga

C. Life in Yoga Approach

- The One-Principle for all Approaches, Patanjali's 8-fold compared to Life in Yoga 5-fold, Cleansing impact of the 3 Exercise Formats, Techniques for accelerated cleansing

D. How Yoga Heals – Benefits of Yoga

- Understanding Disease, Managing Stress, Root Causes of Stress, Practice Requirement, Resultant Benefits

E. The Limits of Yoga

- Span of Yoga, Application in Diverse Fields

A. Overview of Yoga

B. History

C. Life in Yoga Approach

D. How Yoga Heals – Benefits

E. The Limits of Yoga

1. Yoga – what it means
2. How is the Highest in Yoga Achieved?
3. Patanjali's Ashthaanga Yoga Approach
4. Everything in life can be Yoga
5. Dilution of Yoga
6. General View of Yoga Today
7. Innumerable Yogas of Today

1. Yoga – what it means

- **Definition 1 (Original): THE GOAL**
 - Yoga is achieving Union or Complete Communion or Complete Connection with the Sentient Source of Everything.
- **Definition 2 (Developed by Usage): THE PATH**
 - Yoga is the Path or Means or Practices that leads one to the Union with the Source of Everything.
- **For Fitness Freaks? For Internal Peace?**
 - Yoga for health – a great by-product

2. How is the Highest in Yoga Achieved?

- Optimize Circuitry
 - Cleanse
 - Become balanced in good health
 - Energize
- Activate Transmitter
- Connect to the Root Source
 - Have Intuitive Knowledge
 - Become Timeless
 - Understand Dharma



3. Patanjali's Asthaanga Yoga – A Systematic Approach

- Enable Circuitry to be Receptive

- (1) Yama
- (2) Niyama

- Cleanse Circuitry

- (3) Aasana
- (4) Praanaayaama
- (5) Pratyahaara

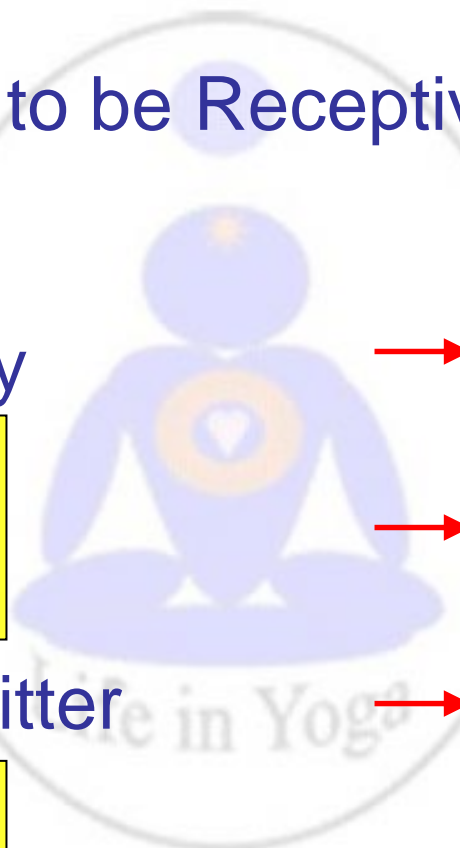
- Activate Transmitter

- (6) Dhaaranaa
- (7) Dhyaana
- (8) Samaadhi

→ **Activation really takes place here**

Requirements

- *Practice Regularity*
- *Dispassion*
 - *Attitude of observer*
- *Surrender to God*
 - *Attitude of acceptance*
 - *Attitude of duty*



4. Everything in Life Can Be Yoga with the Right Attitude

- Enable Circuitry to be Receptive
 - (1) Yama, (2) Niyama
- Cleanse Circuitry
 - (3) Aasana, (4) Praanaayaama, (5) Pratyahaara
- Activate Transmitter
 - (6) Dhaaranaa, (7) Dhyaana, (8) Samaadhi

- *Physical movements*
- *Breathing*
- *Vibrations*
- *Thoughts*
- *Pure Observation*

- *Practice Regularity*
- *Dispassion*
 - *Attitude of observer*
- *Surrender to God*
 - *Attitude of acceptance*
 - *Attitude of duty*

Where does right attitude come from?

5. Dilution of Yoga

- Historical Evolution over 5,000+ years
 - Religion & Yoga
 - In the Indian sub-continent – BG & 4 yogas & 3 Vedaantas
 - Yoga portrayed as a school of Hinduism
 - God & Yoga
 - The Hatha Yoga approach
- Evolution of the last 100 years
 - Hatha Yoga - Krishnamacharya, B.K.S. Iyengar, Pattabhi Jois
 - Meditation - Maharishi Mahesh Yogi, Dalai Lama
 - Yoga of Devotion - Prabhupada
 - Yoga of Realization - Rajneesh, Jiddu Krishnamurthy
 - Mixed Practices – The Anandas, Ravi Shankar, etc.
- Yoga type practices outside the sub-continent

6. General View of Yoga Today

- **MODERN VIEW** of Yoga is Hatha Yoga
 - Physical Postures, Breathing Exercises and perhaps some meditation.
 - Influence of Exercise Physiology & Psychology
- **INDIAN TRADITION** suggests four such paths:
 - Bhakti Yoga or Devotional Practices
 - Karma Yoga or Service Tasks done without expectations
 - Jnyaana Yoga or Conceptualization based on Learning
 - Raaja Yoga or Practices that are customized based on Understanding the Process – typically associated with Meditation
- **NON INDIAN INFLUENCES** – Tibetan, etc.

7. Innumerable Yogas of Today

- Abhaava Yoga
- Adhyaatma Yoga
- Agni Yoga
- Asthaanga Yoga
- Asparsha Yoga
- Bhakti Yoga
- Bikram/Hot Yoga
- Buddhi Yoga
- Dhaan Yoga
- Dhyaana Yoga
- Ghatastha Yoga
- Guru Yoga
- Hatha Yoga
- HiranyaGarbha Yoga
- Integral Yoga
- Iyengar Yoga
- Japa Yoga
- Jnyana Yoga
- Karma Yoga
- Kaula Yoga
- Kripalu Yoga
- Kriya Yoga
- Kundalini Yoga
- Lambika Yoga
- Laya Yoga
- Maha Yoga
- Mantra Yoga
- Naada Yoga
- Panchadashaanga Yog
- Paashupata Yoga
- Paatanjala Yoga
- Power Yoga
- Purna Yoga
- Raja Yoga
- Sahaja Yoga
- Samaadhi Yoga
- Samkhya Yoga
- Sannyasa Yoga
- Samputa Yoga
- Samrambha Yoga
- Sapta Yoga
- Saptaanga Yoga
- Shandanga Yoga
- Siddha Yoga
- Sparsha Yoga
- Taaraka Yoga
- Yantra Yoga

MSNBC - Yoga adapts for changing times - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit Discuss

Address <http://www.msnbc.msn.com/id/4316155/> Go

Links Cargo Customize Links Free Hotmail McAfee VirusScan

My Search Google Yahoo! Ask Jeeves LookSmart Customize this toolbar Highlight

Y! Search Web Messenger Bookmarks My Yahoo! Yahoo!

7. Innumerable Yogas of Today

Yoga adapts for changing times Hybrid classes attract different lifestyles



- Bikram Yoga/
- Hot Yoga
- Tot yoga
- Power yoga
- Disco yoga
- Yoga Kickboxing
- Fat-blasting yoga
- Kripalu Yoga

HOME

- Health >
- Health Library >
- Pets >
- Breaking Bioethics >
- Creature Comforts >
- Growing Up Healthy >
- Nutrition Notes >
- Sexploration >
- Smart Fitness >
- Special Reports >
- MSNBC TV >
- News >
- Business >
- Sports >
- Entertainment >
- Tech / Science >

A. Overview of Yoga

B. History

C. Life in Yoga Approach

D. How Yoga Heals - Benefits

E. The Limits of Yoga

1. Chronological View of Texts
2. Cloudy Origins of Yoga
3. Patanjali's Yoga Sutra & Asthaanga Yoga
4. Yoga & Religion
5. Hatha Yoga & Kundalini Yoga

1. Chronological View of Yoga Texts

- **Yoga Sutras of Patanjali**
 - No particular practice described in the text
 - Practice principles defined
 - Expounds process elements
 - Nature of existence defined
 - Path to Understanding/Connectivity defined
 - Link from Body to Ultimate
- **Shiva Samhita & Gheranda Samhita**
 - Goes into energy channels & practices
- **Hatha Yoga Pradipika**
 - recent compared to older texts

2. Cloudy Origins of Yoga

- Yoga Sutras of Patanjali as the defining document
- Older than Mahabharatha (3137 BCE)
 - Yoga referred in the Bhagavad Gita
 - Vyaasa's commentary on the Yoga Sutras
 - Dating Controversies & Even Considered a School of Hinduism
- Hatha-yoga association with Shaivism
 - The Nath lineage

3. Yoga Sutras & Asthaanga Yoga

Key Points of Sutras

- Problem
 - Lack of optimization in circuitry by 5 factors
 - Sleep, memory, delusion, opposite thinking and evidence based thinking
 - Cause of circuit make-up
- Process
 - 8-fold yoga →
- Key Elements
 - Practice
 - Dispassion
 - Surrender to God

Asthaanga (8-fold) Yoga

- Yama
- Niyama
- Aasana
- Praanaayaama
- Pratyahaara
- Dhaarana
- Dhyaana
- Samaadhi

These Process Elements
need not be Sequential.
But Sequential Logic is Powerful.

4. Yoga & Religion

Scholarly View of Hinduism Schools:
Any Philosophy that accepts Vedas as valid
evidence of what everything is all about

- Vedaanta – BrahmaSutras of Vyaasa
 - Advaita, Vishistha-advaita, Dvaita
- Mimaamsa – Sutras of
 - Kumarila & Prabhaakara
- Yoga – Sutras of Patanjali
- Sankhya – Sutras of Kapila
- Nyaya – Sutras of Jaimini
- Vaisheshika – Sutras of Kaanada

***Yoga type practices exist
outside Hindu tradition as well***

- ***Buddhists***
- ***Sufis***
- ***Freemasons***
- ***Kabbala***

YS 1-7, 1-29: Religion – Barrier to Yoga?

Misplaced View based on
(a) 'Aagama' (1:7) & 'Shruta' (1:29) appearing in the Yoga Sutras
(b) Wrongly assuming that Vyaasa was predecessor of Patanjali

5. Hatha Yoga & Kundalini Yoga

- Hatha Yoga ← **-Yoga
-Karana**
- Kundalini Yoga
 - Religious documents of Shaktas
 - Chakra system - rising from Moolaadhaara to Sahasraara
- Sahaj Yoga
- Life in Yoga view
 - Chakras from feet
 - End in Aatma Chakra
- Chakras
 - Lower chakras
 - Mulaadhaara - Root
 - Svaadhistaana - Sacral
 - Manipooraka - Navel
 - Anaahata – Upper Chest
 - Vishuddhi - Throat
 - Agjnyaa - Mid Head
 - Sahasraara – Crown
 - Aatma Chakra

The Naadi System – Main: Sushumnaa, Idaa & Pingalaa

A. Overview of Yoga

B. History

C. Life in Yoga Approach

D. How Yoga Heals – Benefits

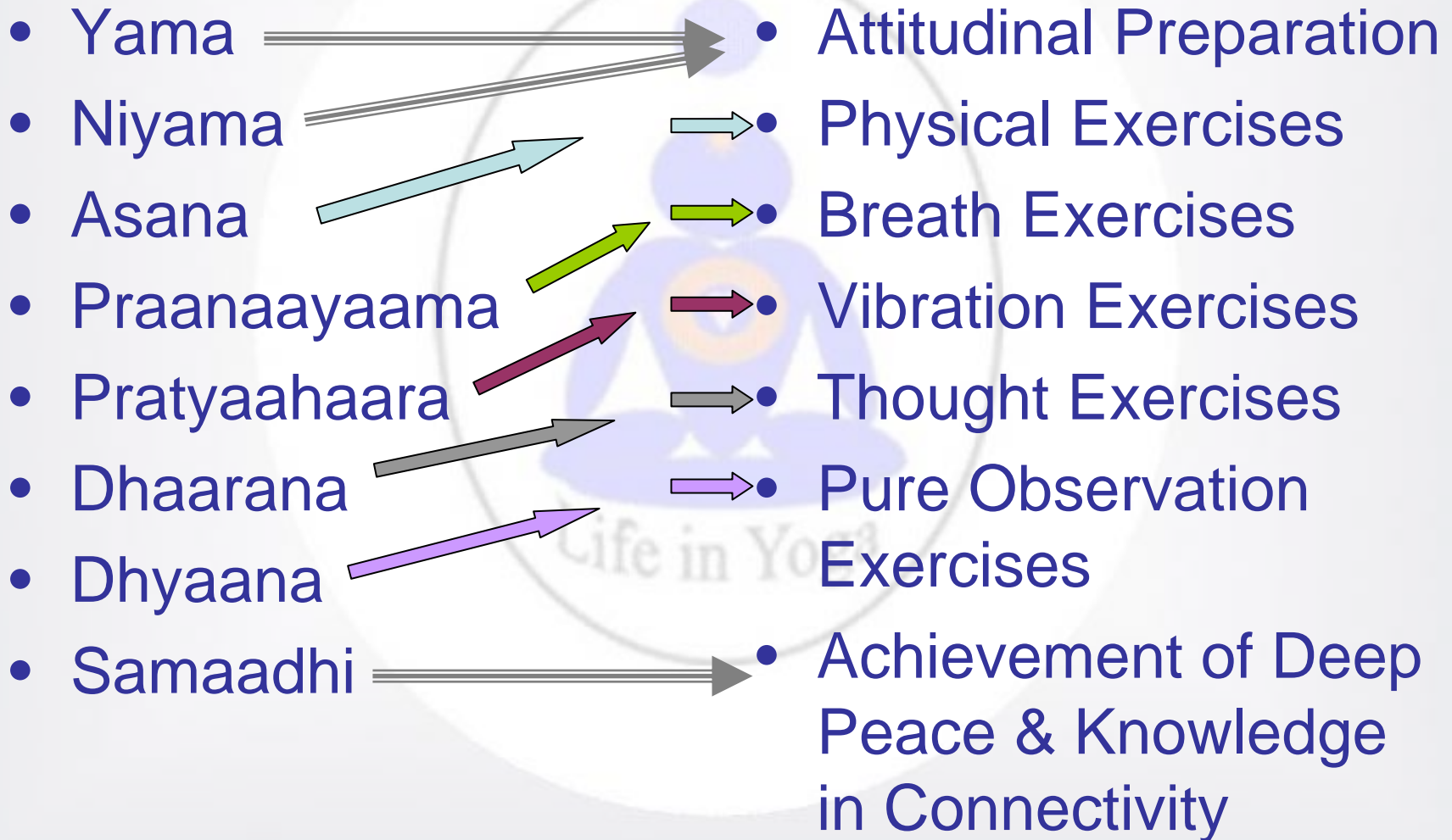
E. The Limits of Yoga

1. The One Principle for all Approaches
2. Mapping Patanjali's 8-Fold to the 5-Fold of Life in Yoga
3. The 3 Exercise Formats & Cleansing Effect
4. Techniques for Accelerated Cleansing

1. The One Principle for All Approaches

- World perceives multiplicity of yoga.
- Only One Yoga - One Goal, One Process, Many Paths.
- Process: Cleansing of each of the five types of Energy Channels
 - The 5-fold Approach of Life in Yoga
 - Physical, Breath, Vibration, Thought and Pure Observation.
 - 3 types of Exercises
 - Constant, CRE, Stretch and Release
 - With one-point focus or attitude of observer
- Each person is different and has a need to work more or less on different energy channels; hence different paths.

2. Mapping Patanjali's 8-Fold Yoga to our 5-Fold



3. The 3 Exercising Formats & Cleansing Effect

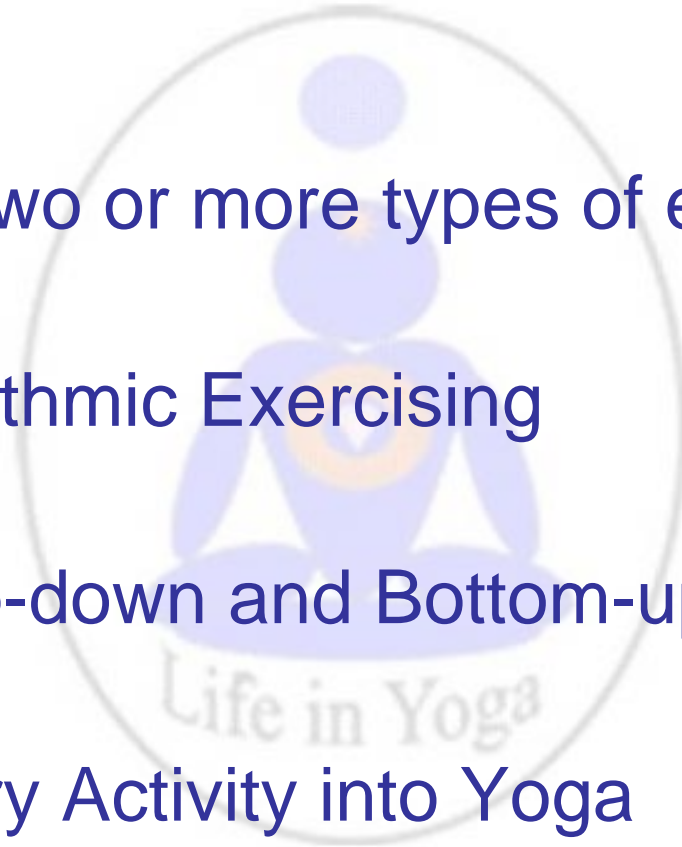
Cleansing happens by Exercising in one of three ways with these Five types of Energy Channels:

- Stretch and Release Exercising
- Constant Pace Exercising
- Cyclical Rhythmic Exercising (CRE)
 - changing speed of exercise from slow to fast and then coming back to slow again to begin the next cycle of building up to fast speed.

Pros & Cons of each type of exercising

4. Techniques for Accelerated Cleansing

- Combining two or more types of exercising
- Cyclical Rhythmic Exercising
- Gradual Top-down and Bottom-up Sequences
- Making Every Activity into Yoga



- A. Overview of Yoga
- B. History
- C. Life in Yoga Approach

D. How Yoga Heals

- E. The Limits of Yoga

1. Understanding Disease & Stress
2. Stress & Disease Management
3. Methods to Address Stress
4. Root Causes of Stress
5. Importance of Niyama of Asthaanga Yoga
6. Results of Practice

1. Understanding Disease & Stress – Our View

- Stress
 - Locks of energy that are unable to flow smoothly
- Disease
 - Continuous pattern of such locks of energy that create abnormalities
- Curability of Diseases
 - Behavioral inducement from this lifetime
 - easy to heal by avoiding that behavior
 - Created Karmas from past lifetime
 - can be remedied but with much difficulty
 - Part of Root Program (Klesha)
 - cannot be remedied unless by Divine Grace

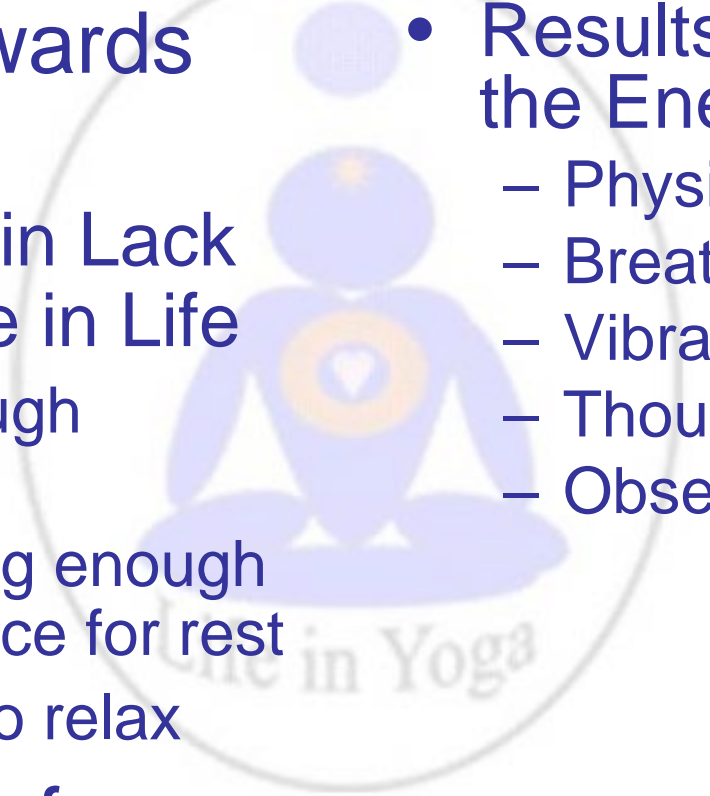
2. Stress & Disease Management

- Stress management
 - Release locks of energy when present
- Disease management
 - Regularly and systematically work to continue releasing energy locks created by the disease
- Disease healing
 - Remove program that continuously creates a certain pattern of energy locks

3. Methods to address Stress

- Natural Methods
 - Rest and Sleep (opens Sahasraara)
 - Appropriate Nutrition – what is ‘appropriate’?
 - Attitude of Acceptance
- Disciplined Methods
 - Physical and Breathing exercises
 - Meditation practices: Dhaarana, Dhyaana, Samaadhi
 - Thought exercises and mental affirmations to change attitude towards life

4. Root Causes of Stress

- Attitude towards Life
 - Resulting in Lack of Balance in Life
 - Not enough exercise
 - Not giving enough importance for rest
 - Unable to relax
 - Strong beliefs
 - Results in blocks in the Energy Channels
 - Physical Channel
 - Breath Channel
 - Vibration Channel
 - Thought Channel
 - Observation Channel
- 

5. Importance of Niyama of Asthaanga Yoga

- Ensures predictable energy flow throughout the day
- Builds greater sensitivity towards imbalances and hence enables corrective action in a timely manner
- Becomes easier to build a daily Yoga Discipline
- Becomes easier to find the yoga experience in every activity of life



Life in Yoga

Results of Such Practice

- Physical Strength and Endurance
 - Emotional Evenness
 - Peaceful Demeanor
 - Calm Thinking
 - More Productive at Work and Home
-
- Ending up Finding and Experiencing the Source of Everything, What Life Means, Who We Really Are, What is the Meaning of Birth and Death – FINDING UNSHAKABLE PEACE WITHOUT CRAVINGS.

Focus of
Most
People

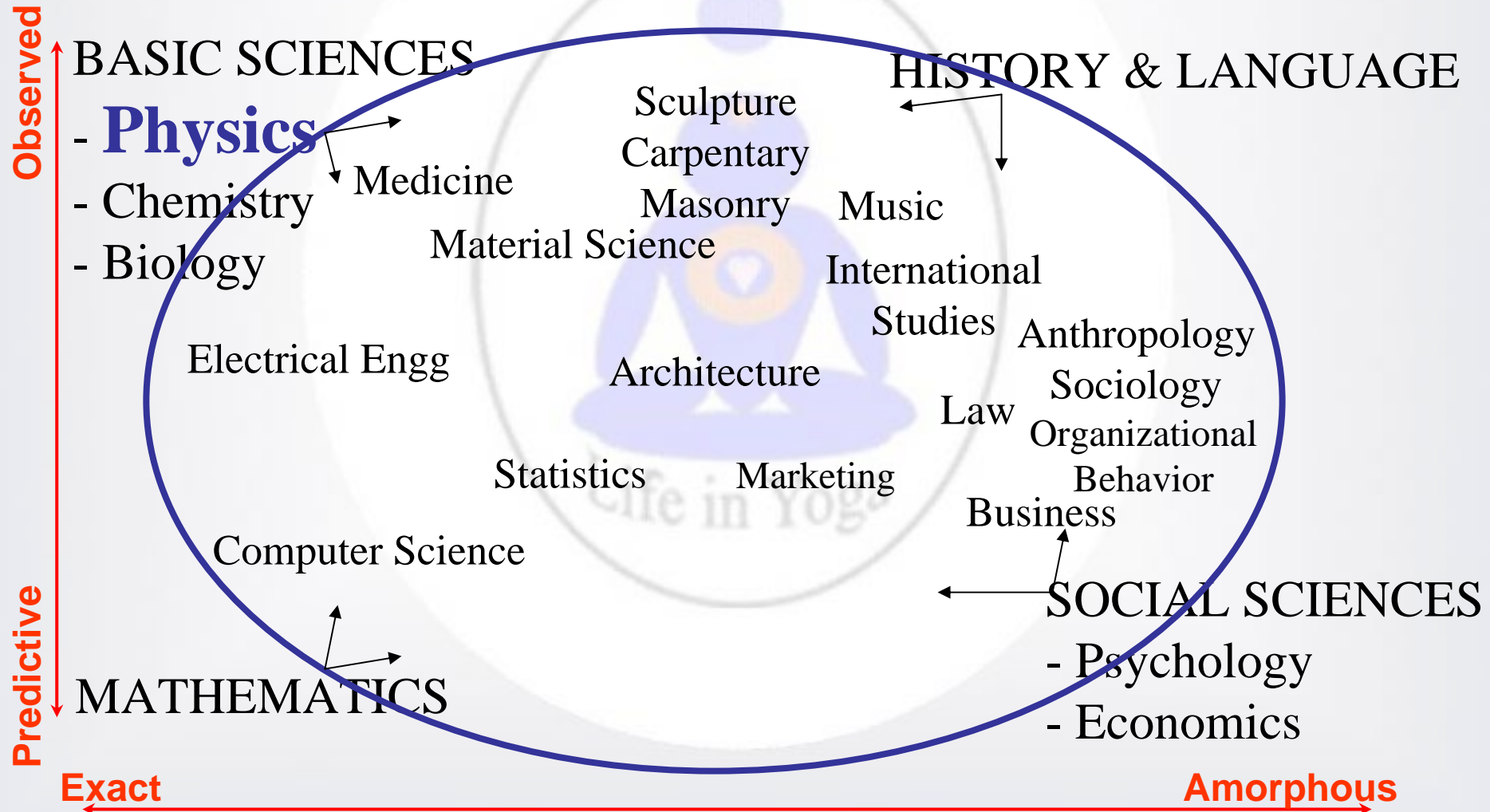
Benefits to Keep in Mind as one Considers
Required Discipline to Achieve it

- A. Overview of Yoga
- B. History
- C. Life in Yoga Approach
- D. How Yoga Heals

E. The Limits of Yoga

1. The Span of Yoga
2. Yoga Application in Diverse Fields

1. The Span of Yoga



2. Yoga Application in Diverse Fields

- **Medicine & Alternative Medicine**
 - Why does a medication only work on some?
 - Why does placebo work on some?
- **Personality & Value System Classifications**
- **Business & Ethics**
- **Psychology**
- **Religion, People and Culture**



Life in Yoga