

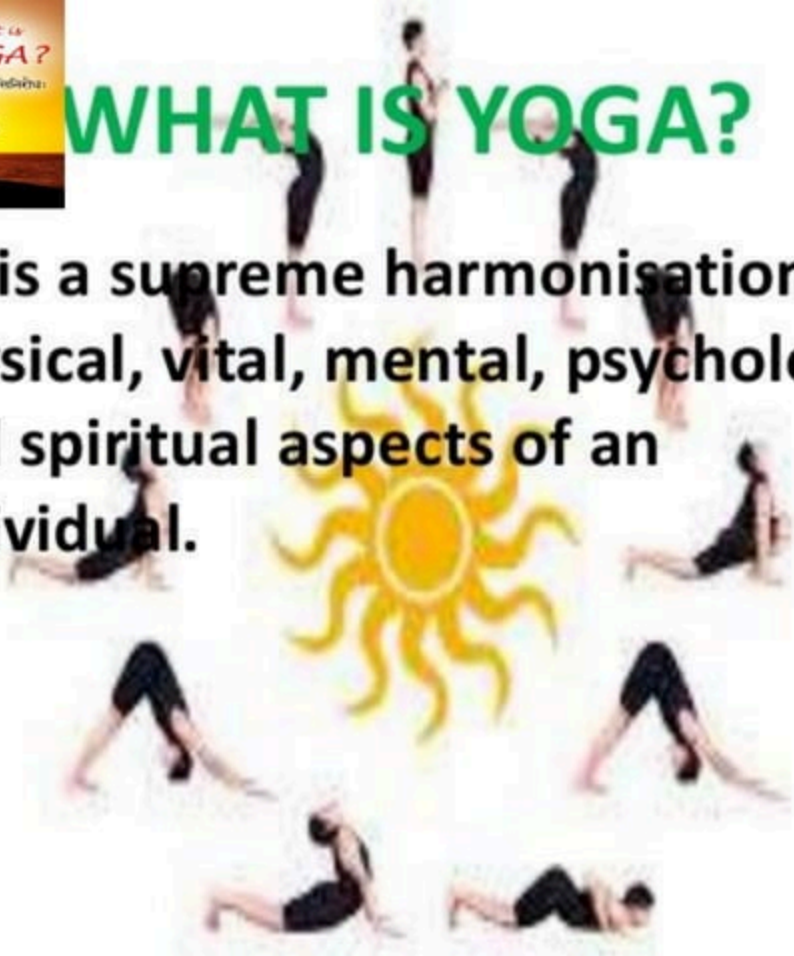
YOGA





WHAT IS YOGA?

Yoga is a supreme harmonisation of physical, vital, mental, psychological and spiritual aspects of an individual.



TERMINOLOG

The word **yoga** comes from the root **yuj** which means "to add", "to join", "to unite", or "to attach" in its most common senses



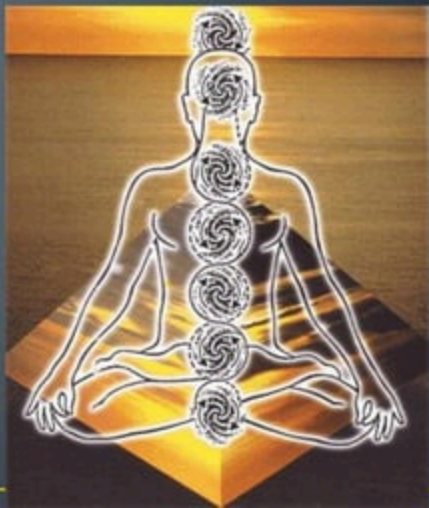
Aim of yoga

The ultimate goal of YOGA is Moksha (liberation) through the exact definition of what form of this takes depends on the philosophical or theological system with which it is conjugated.



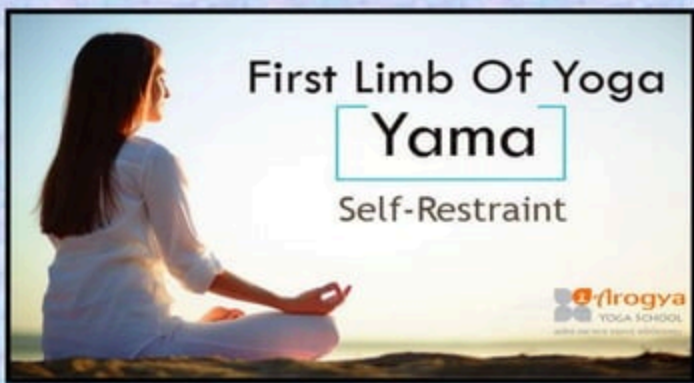
Eight Limbs of classical yoga

- YAMA** : social restraints or ethical values
- NIYAMA** : personal observance of purity, tolerance, and study
- ASANA** : physical exercise
- PRANAYAMA** : breath control or regulation
- PRATYAHARA** : sense withdrawal in preparation for meditation(contemplation)
- DHARANA** : concentration
- DHYANA** : meditation
- SAMADHY** : ecstasy



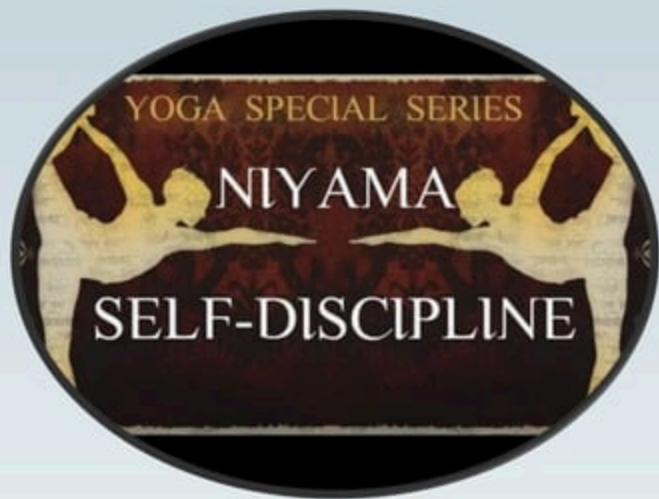
YAMA

Yama are the moral code for the human beings to adopt in their life, and are very much the part of a yogi.



NIYAMA

Niyama is the six internal practices that create a positive environment around us, give us inner strength and help us move towards the path of yoga.



PRANAYAMA

Pranayama is a life force or we know as prana which we can get through five forms of breathing techniques: Prana, Apana, Vyan, Udana @ Samana.



PRATYAHARA

Pratyahara is the method of controlling the distracted mind through the withdrawal of your senses. It leads to relaxation, inner stability, an self-awareness. You can become a master of your body and mind.



DHARANA

Dharana is a focus or holding of your mind on one point, object or place. IN this stage, you are not allowing your mind to deviate from one position and increasing your concentration level.



DHYANA

To be under deep concentration or thought is Dhyana. It involves complete control over the mind that can lead to deeper concentration, calmness, and tranquility.





SAMADHI

Samadhi is a state of meditation to reach the higher level of concentration, self realization and union God. It is formed of two words sama and dhi-sama meaning equanimity and dhi means budhi



BENEFITS OF YOGA

- Increased flexibility.
- Increased muscle strength and tone.
- Improved respiration, energy and vitality.
- Maintaining a balanced metabolism.
- Weight reduction.
- Cardio and circulatory health.
- Improved athletic performance.
- Protection from injury.

*Thank
You!*

LAYANA K
Mathematics