

Types of Yoga-Culture VI Class 12

Introduction

- Yoga is one of the most ancient cultural heritage of India.
- The word *yoga* in Sanskrit means "to unite".
- Practice of yoga contributes to good health (*arogya*) and longevity (*chirayu*).
- It is a science that affects not only the conscious self but the subconscious as well.
- It was practiced by ascetics in the forest and handed down to their students
- There are forty types of yoga of which Hatha Yoga, Kundalini Yoga and Ashtanga Yoga are the most commonly practiced for physical fitness
- The remaining types of yoga are practiced for mental/spiritual fitness

Adhyatma Yoga

- This yoga is derived from the Upanishads
- The philosophy is based on the concept of non-duality or the Advaita Vedanta
- The student has to concentrate on three paths
 - The path of devotion
 - The path of service
 - The path of knowledge

Bhakti Yoga

- Is derived from the Bhagvad Gita
- Bhakti yoga, or devotional yoga, is the most natural path for those who are dominantly seeking emotional fulfillment and well being.
- The "bhakta" or devotee, usually practices meditation by visualizing, thinking and feeling that the Lord is sitting or standing before him.
- Initially there are two entities: God and devotee. The devotee is aware of God and of his own being
- Eventually, the devotee becomes so engrossed in bhakti, that he loses self consciousness and is only aware of God

Dhyaan Yoga

- Also derived from the Bhagwad Gita

- Is the yoga of meditation
- Its objective is to cleanse the subconscious, develop concentration, clear the mind, and bring about various stages of unified communion with God.
- One-pointedness of mind is the first thing, that means controlling its movements.
- Secondly, setting bounds to one's life to help achieve this, this means doing actions after weighing and measuring them.
- The third thing is the evenness of vision or state of level-headedness, which means having the nobility and decency to think in terms of the whole world.

Jnaana Yoga

- Jnana Yoga is the yoga of knowledge, studying God and learning to discriminate between illusion and the reality that all is god.
- It is derived from the Bhagwad Gita and the Upanishads
- Jnana yoga tries to answer questions like “who are we”, “who is God
- By getting knowledge we will get rid of ignorance and attain moksha

Karma Yoga

- Is the yoga of selfless service to others and God
- Originated in the Bhagwad Gita, where Lord Krishna advises Arjun to perform actions without expecting a reward
- It is believed that our present situation is based on our past actions. So by doing selfless service now, we are choosing a future that is free from negativity and selfishness.