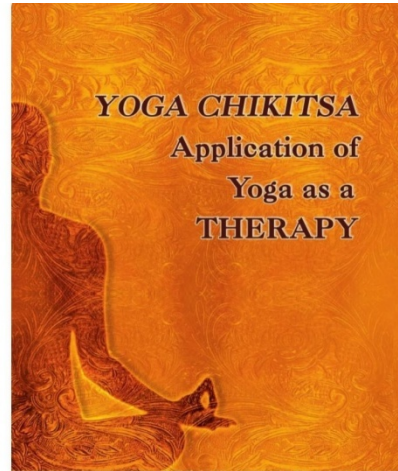


Application of Yoga (BPT 3rd Year)



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Yoga

Meaning

(originates from dhatu)

which are following-

- 1) Yujiryoge- yog ya sanyog
- 2) Yuj Samadhi- samadhi
- 3) Yuj Sanyamne- sanyam

Definition

(given according to any Yogi or yogic texts)

There are no limitations

For ex- 1) Aatma se parmatma ka milan Yoga hai- Upnishads

2) Chitta ki vrittiyon ka nirodh yoga hai- Yogsutra

Practice

(Abhyaas/Saadhan)

It is also limitless.

For ex-

- Ashtangyoga
- Dhyanyoga
- Bhaktiyoga
- Karmayoga
- Kundaliniyoga
- Hathayoga
- Layayoga
- Mantrayoga
- Japayoga

Yoga

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graph TD; Yoga --> Meaning; Yoga --> Definition; Yoga --> Practice;
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Meaning

Only three

Definition

1. Each definition is related to meaning.
2. It is stage of Chitta or soul.
3. It is goal of life.

Practice

(Abhyaas/Saadhan)

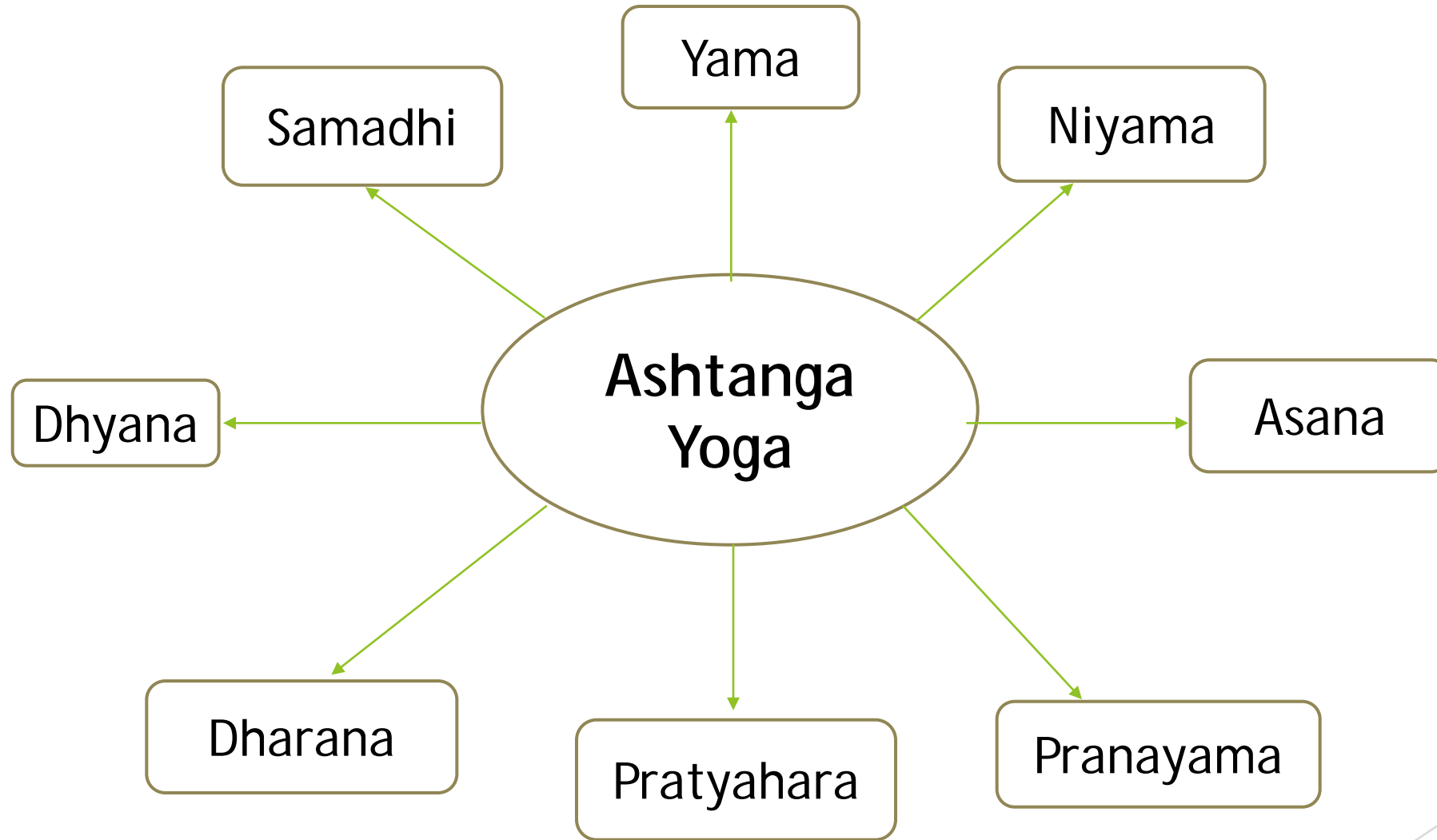
Abhyasi can achieve goal by practicing these sadhanas

Application of Yoga

(Application of Yogabhyas or sadhanas)

- Ashtangyoga
- Dhyanyoga
- Bhaktiyoga
- Karmayoga
- Kundaliniyoga
- Hathayoga
- Layayoga
- Mantrayoga
- Japayoga

Yogabhyasa



Application of Yogabhyasa

Health
Prevention

Health promotion

Treatment

Thank you