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Sports & Physical Education



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YOGA

Meaning of Yoga-

- Yoga is a group of **physical, mental, and spiritual practices** or disciplines which originated in ancient India.
- It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning **'to join'** or **'to yoke'** or **'to unite'**.
- As per Yogic scriptures the practice of Yoga leads to the **union of individual consciousness with that of the Universal Consciousness**, indicating a perfect harmony between the mind and body, Man & Nature.



Meaning of Yoga-

- While in the West, Yoga is being acknowledged for its many physical and psychological benefits, such as improved muscle tone, lower blood pressure, stress relief, increased vitality, and mental clarity, but its highest purpose has always been — spiritual.
- Yoga is the art and science of attaining true, lasting happiness.
- **It is an art**, because its highest benefits come only through sensitive and intuitive practice; otherwise it yields only superficial results.
- **Yoga is a science** of experience which is meant for the upliftment of humanity. It is a science because it offers specific, practical methods for obtaining these benefits.

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Aim and Objective of Yoga-

- Aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom'
- Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice.
- Physical Development , mental development, spiritual development, emotional development, character development, social development, discipline cultural development etc.



TYPE OF YOGA

- Gyan Yoga
- Bhakti Yoga
- Karma Yoga
- Hath Yoga
- Laya Yoga
- Mantra Yoga
- Yantra Yoga
- Tantra Yoga
- Raj Yoga/Ashtanga Yoga



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Gyan Yoga-

Gyan yoga, also known as Gyan marga, is the way of gaining true knowledge of the self. It is the art of union with the Divine, through pursuit of spiritual knowledge. A Gyan yogi explores some very basic questions of life such as 'who am I' and 'how am I related to the world as a whole'. Wisdom so gained helps him in getting freedom from the cycle of births and deaths.



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Karma Yoga-

Karma Yoga is the **path of action**, of putting in 100 percent effort, without being attached to the outcome. When action is performed selflessly, with full focus and attention, it brings fulfillment and freedom. Acting without being attached to the fruits of one's deeds – this alone can lead to union with the Self, which is the goal of yoga.



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Bhakti Yoga-

Bhakti yoga also called Bhakti marga. It is focused on loving devotion towards personal God. God is love and love is God. Bhakti yoga involves surrendering to the Divine or uniting with the universal consciousness, through practices such as chanting, singing, dancing and selfless service within the community.

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Hatha Yoga-

There are many types of yoga. One of the most famous types is hatha yoga. It includes the use of body, mind, and breath. Its yoga class usually includes various yoga asanas, meditation, and breathing practices.



Laya Yoga-

Laya yoga is a yoga form in which dissolution of self and merging with the Supreme Consciousness are achieved. Laya is a Sanskrit term meaning "dissolve." Laya yoga leads to the state of samadhi, which is the highest unification with the Divine. It leads the mind from the state of manifestation and dissolution to moola prakriti, meaning "original state." Though it may also be referred to as Kundalini yoga as it awakens the kundalini power.



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Mantra Yoga-

Mantra is any word, phrase or sound that helps to keep your mind focused. Mantra yoga is a type of yoga that uses mantras to awaken the Self and deepen the meditative aspects of a physical yoga practice. Mantra yoga is an exact science that is meant to engage the mind through focusing on sound.

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Yantra Yoga-

Yantras are used for the worship of deities in temples or at home; as an aid in meditation; used for the benefits given by their supposed occult powers based on Hindu astrology and tantric texts. Yantras hold great importance in Hinduism, Jainism, and Buddhism.



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Tantra Yoga- Tantra is about connecting with your own energy to establish a deeper understanding of yourself. Tantric yoga links many meditative and yogic practices together. The goal is to give you a deeper understanding of yourself and to promote feelings of self-love and acceptance.



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Raja Yoga-

Raja Yoga is the path of mental discipline. It is the path of self-discipline and practice. Raja yoga is the yoga of mind and body control, In the 19th century text *Raja Yoga* Swami Vivekananda equated Raja yoga with the *Yoga Sutras* of Patanjali. As such, Raja yoga has since been used interchangeably with Ashtanga yoga, or the 'eightfold path' to spiritual liberation

Yama, Niyama, asana, Pranayama, Pratyahara, Dharna, Dhyana, samadhi



Thank You for Watching



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