

*“Theory and concept of  
Yoga”*



**Dr. H R Nagendra**  
**ME, PhD (Mech. Eng.)**  
**Chancellor, S-VYASA**

**Swami Vivekananda Yoga Anusandhana Samsthana**  
(Deemed to be University u/s 3 of the UGC Act, 1956)

# 19, 'Eknath Bhavan', Gavipuram Circle,  
K G Nagar, Bengaluru - 560 019, India

# Streams of Yoga

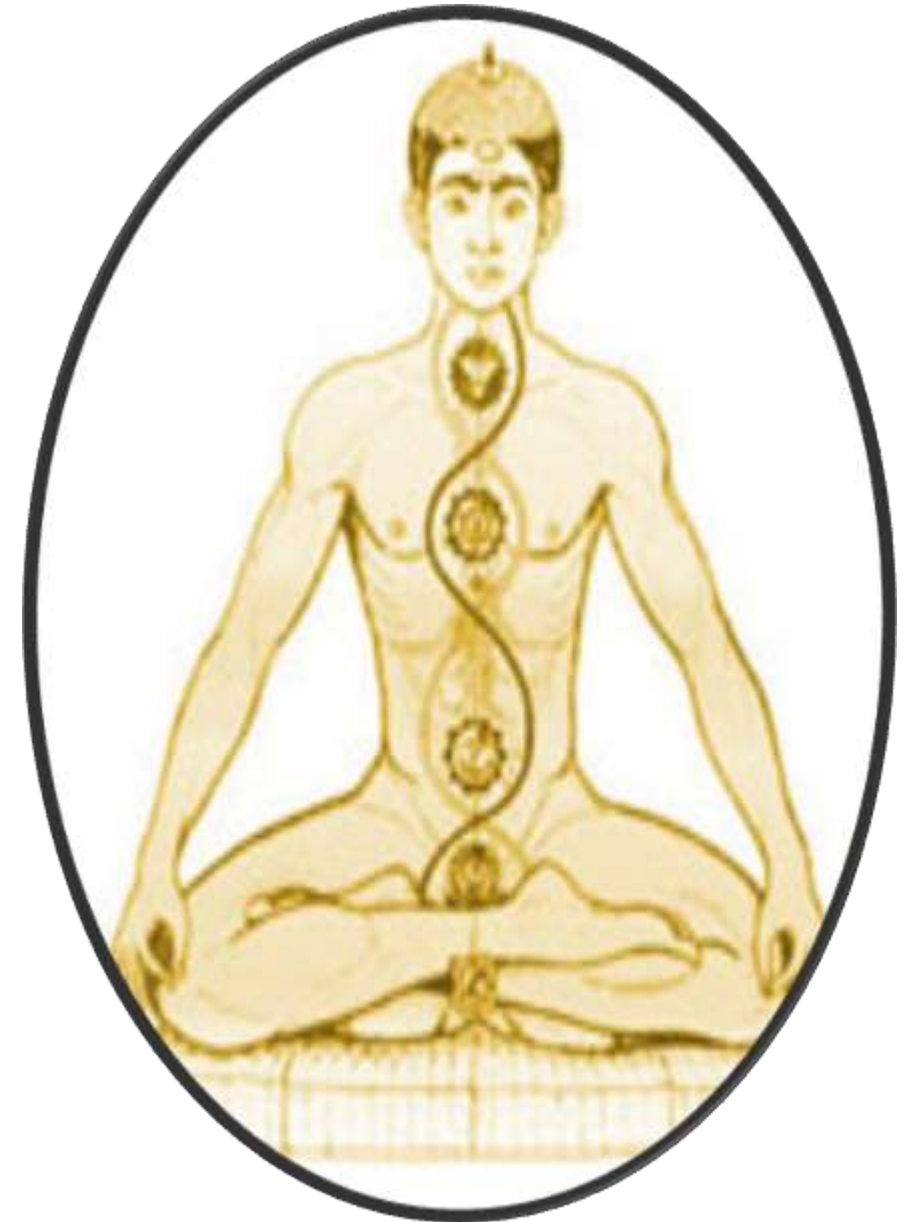
- *Yoga* is more than just physical exercise; it is a comprehensive approach to holistic living. Contrary to the misconception that yoga is solely focused on the body, it actually encompasses four main streams and addresses the five layers of human beings. They are,

- Raja Yoga*
- Jnana Yoga*
- Bhakthi Yoga*
- Karma Yoga*



# *Raja Yoga*

- The first stream is *Raja Yoga*, which emphasizes will power.
- This path was elucidated by *Patanjali* in the *Yoga Sutras*.
- *Raja Yoga* teaches individuals how to harness their inner strength and cultivate self-discipline.



# *Jnana Yoga*



- The second stream is *Jnana Yoga*, the path of analysis and intellect.
- This aspect of yoga is deeply rooted in the *Upanishads* and encourages individuals to explore a deeper understanding of themselves and the world around them through introspection and contemplation.

# *Bhakti Yoga*

- The third stream is *Bhakti Yoga*, the path to gaining mastery over emotions.
- *Narada Bhakti Sutras* serve as a guide for this path, which involves cultivating love, devotion, and surrender towards a higher power.
- *Bhakti Yoga* helps individuals connect with their emotions and channel them in a positive and constructive way.



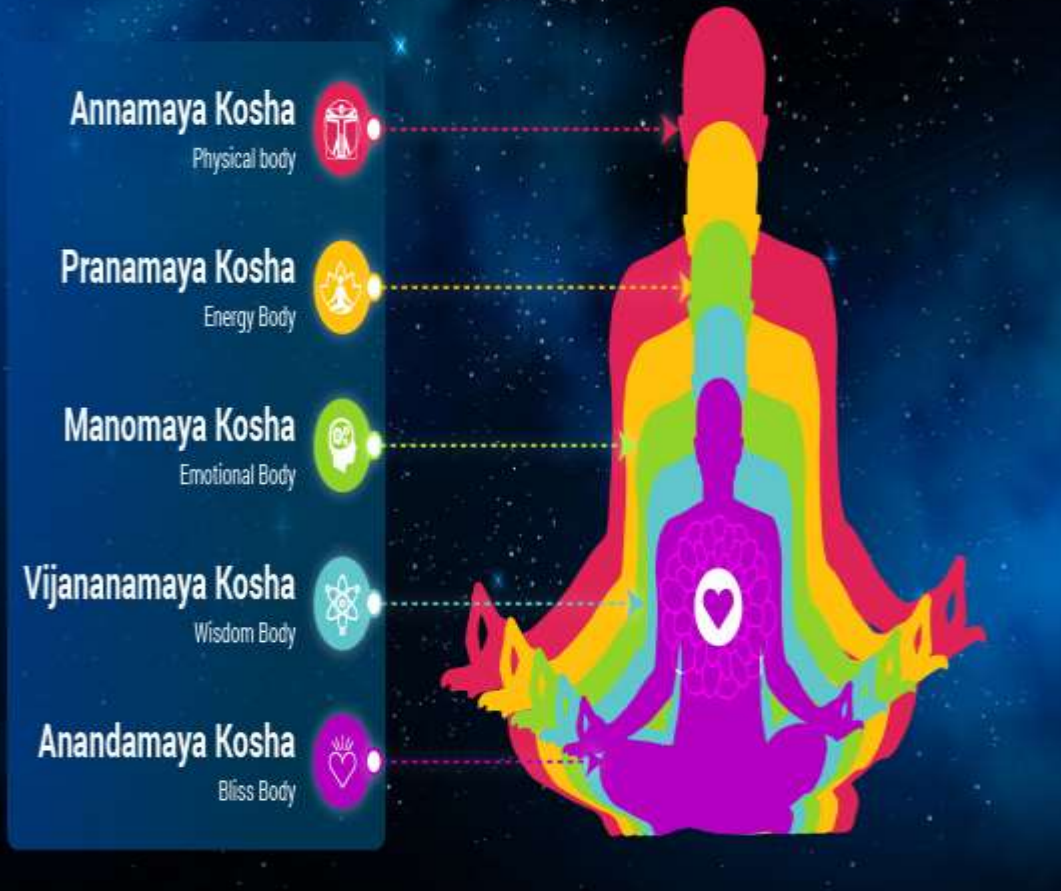


# *Karma Yoga*

- Lastly, *Karma Yoga* focuses on converting every action into a spiritual practice.
- It emphasizes selfless service and teaches individuals to perform their duties with dedication, without attachment to the outcomes.

# Pancha Kosha

## 5 KOSHAS



The *Pancha Kosha* model of creation contained in the *Upanishads* illustrates the 5 layers of human beings, ranging from the physical to the subtle and causal.

- These layers, or sheaths, are
  1. *Annamaya Kosha* (physical body)
  2. *Pranamaya Kosha* (energy body)
  3. *Manomaya Kosha* (mental body)
  4. *Vijnanamaya Kosha* (wisdom body), and
  5. *Anandamaya Kosha* (bliss body).

- The *four streams of Yoga* collectively aim to *purify these koshas*, facilitating an individual's journey towards self-realization towards *Pure Consciousness* beyond space time and causation, mind, emotions, intellect and memory with infinite power, bliss, knowledge and freedom. This state of Perfection is our real nature called as *Kaivalya, Moksha, Divinity, Paramatman, Reality, etc.*

*The goal of life, as said by swami Vivekananda, is to manifest this Divinity in our lives.*

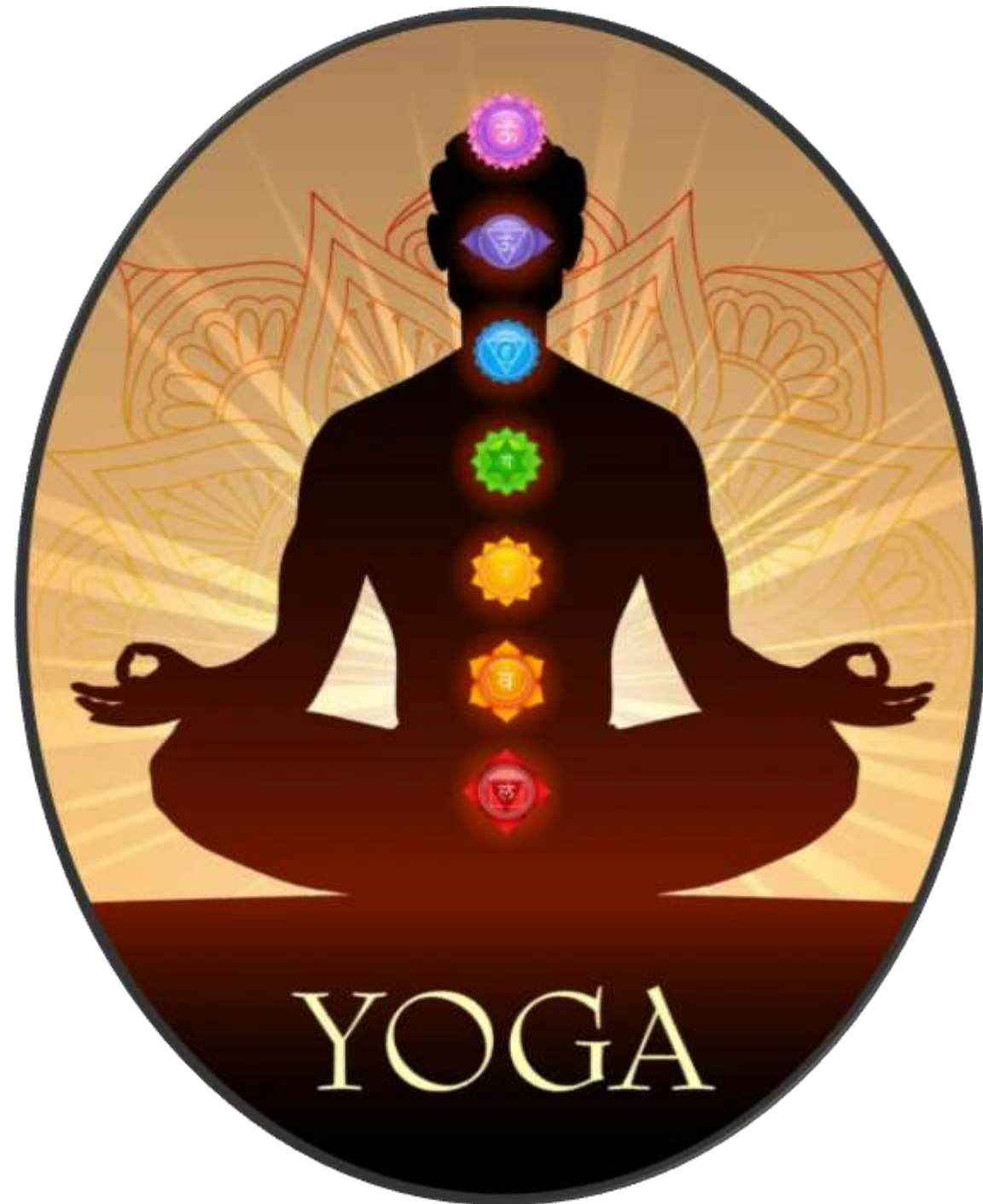






- *Yoga* practices of asanas, pranayama and meditation not only bring balance (Samatvam) in different organs and systems in the physical body but also in the subtle and causal bodies. They bring mastery over the mind by speeding up the thoughts in the mind and also to calm all distractions to deeper and deeper levels of silence called Samadhi's leading to inner wisdom and bliss.

- *Yoga* offers a ***comprehensive path*** towards holistic well-being, self-awareness, and spiritual growth, aligning the individual with their true nature and the interconnectedness with origin of creation as pure ***consciousness, existence and bliss.***





***Raja Yoga***

***Jnana Yoga***

***Bhakti Yoga Karma Yoga***



THE END

