

the yoga of the pdf

inal ancient context, yoga means two things: (1) a state of inti- mate union with God; and (2) the disciplines, practices, prin- ciples, and lifestyle that lead to this union.

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T ESSENTIAL YOGA SUTRA - HolyBooks

This book entitled "Practical Lessons in Yoga" consists of twelve easy and interesting Lessons. The First Lesson deals with Yoga and Its Objects. The Second Lesson treats of Yoga Sadhana or the practice of Yoga and contains a clear and lucid description of the four important paths viz., Karma Yoga, Bhakti Yoga, Raja Yoga and Jnana Yoga.

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