



# BEYOND ASANA YOGA AS A LIFESTYLE

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# Beyond Asana - Yoga as a Lifestyle

## Quiet the Mind - Connect to Your Heart

### Some Topics of Yoga

- Life Principles
- Asana
- Yoga Philosophy
- Meditation
- Pranayama
- Yoga Diet
- Chakras and Energetic Anatomy
- Physical Anatomy
- Mantra
- Kirtan
- Business
- Styles of Yoga

### Mind-Body-Soul

### 4-Paths of Yoga

“The truth is one, but the paths are many.” Swami Vishnu-devananda

### Bhakti Yoga

Bhakti yoga is the path of love and devotion. It is seen as the surest and easiest path of yoga for the Self liberation or enlightenment. Bhakti yoga channels and harnesses all human emotion into the emotion of devotion by simply surrendering the self to super consciousness (Higher Power). It destroys or controls the aspirant's emotion and egocentricity through prayer, chanting, kirtan, satsang, puja, japa, rituals, telling and listening to stories of saints, and self surrender so that the aspirants can reach their highest state of yoga, mukasha, or Vedanta. The bhakta uses combined energies of all the emotions and transmutes them, and sublimates them into the highest of all emotions, prem. Prem is pure, conditionless, and divine love. The goal of bhakti yoga is pure love and appeals to the emotional temperament.



## Jnāna Yoga

Jnāna yoga is the path of wisdom, knowledge, and philosophical right inquiry. It is an intellectual approach to spiritual liberation. Through inquiry (vichara) and constant self discrimination (viveka), the mind is used to examine its own true nature. Through the study of Vedanta philosophy, the jnani learn to discriminate between the real and the unreal, the infinite and the finite. The dispassion or detachment (vairagya) is then developed. Personal intuitive experience is the essence of Self realization after the study of scriptures and reasoning of existence in oneness (Vedanta's triple basis). A Jnani uses his will and power of discrimination to cut through the veil of ignorance and attain the truth. The goal is absolute truth. This appeals to the philosophical and intellectual temperament. This is the most direct yet most difficult path of yoga.

## Karma Yoga

Karma yoga is the path of action; selfless service. Service to humanity, the world, animals, and the Higher Being. Karma yogis surrender the fruits of all actions to super consciousness and not thinking of their own personal needs and desires. This practice is to purify the heart and through this constant practice, one can reach the highest state of yoga. The problem lies in our inherent selfishness which is based upon avidya, spiritual ignorance. The key is to practice selfless actions without any selfish expectations, thereby, opening one's heart and seeing God in all beings. The goal is to complete selfishness and karma yoga appeals to the active temperament.

## Rāja Yoga

Rāja yoga is the path of self control and self mastery. It can be described as a systematic, step-by-step approach to control the thoughts in the mind; the mind is systematically analyzed. Techniques introduced in this ancient system are elaborate and systematic. Patanjali's ashtanga yoga, written over 2000 years ago, addresses an eight-step approach to control the mind: the process of Self realization. Another branch in the Rāja system is Kundalini yoga. Through practicing the control of prana, one can awaken the dormant kundalini shakti (energy). The raja controls his mind until it becomes perfectly still and at that time there is no more wall between himself and his own true nature. The main practice in raja yoga is meditation, the goal is perfect mind control, and it appeals to the mystical and scientific temperament.

## Definition of Yoga

(From Yoga Sutras 2,000 years ago)

### 1.1: **atha yogā 'nuśāsanam**

- Now, Yoga.
- With humility (an open heart and mind), we embrace the sacred study of yoga.

### 1.2: **yogaś chitta vṛitti nirodhaḥ.**

- Yoga is the restraint of objectification by the mind.



- Yoga is the uniting of consciousness in the heart

### 1.3: tadā draṣṭuḥ svarūpe 'vasthānaṁ

- Then the impartial witness abides in its own nature.
- United in the heart, consciousness is steadied, then we abide in our true nature - joy.

## 8 Limbs of Yoga

(From Yoga Sutras 2,000 years ago)

A step-by-step approach to control the thoughts in the mind.

1. Yama – restraints/what not to do
2. Niyama – observance/What to do
3. Āsana – postures
4. Prāṇāyāma – regulation of breath
5. Pratyāhāra – sense withdrawal
6. Dhāraṇā – concentration
7. Dhyāna – meditation
8. Samādhi – state of peace, joy, contentment

### 1- yama

- Ahimsa – harmlessness
- Satya – Truth
- Asteya – not stealing
- Brahmacharya – moderation
- Aparigraha – non attachment

### 2- niyama

- Saucha – purity
- Santosha – contentment
- Tapas – self-discipline
- Svadyaya – inquiry
- Isvarapranidhana – absorption of the inner Self

### 3- āsana

Sthira sukham āsanam – āsana should be a steady and comfort- able posture

Purification of the body.

Activation of kundalini shakti and sustaining meditation.

### 4- Pranayama

Inhalation, exhalation, and a pause between. Prana – a live force



Bring consciousness, the flow of life itself.  
Long and subtle breath and relaxed and peaceful.

## 5- Pratyāhāra

The focus of the mind inward that constrains the senses from and losses interest of external objects.  
Joyous equanimity and inner peace is achieved.

## 6- dhāranā xar[a (concentration)

Hold mental concentration on an object, practice, and teach. No object distractions; immersion in the Self.  
Attain the highest via āsana, prānāyāma, meditation.

## 7- dhyāna Xyan (meditation)

A continuous focus of attention.  
Objects or thoughts become irrelevant.  
State of unchanging, undisturbed calm.  
The appearance is looked upon by the impartial witness.

## 8- samādhi smaix (state of peace, joy, contentment)

A shift identity from the ephemeral corporeal self to the inner peace, joy, and contentment.  
Finished with the wheel of Karma.  
Actions performed without motive, impartial witness.  
Happy and content, just being!  
Transcend all ordinary, sensory experience as well as time, space, and causation.  
Goal of all existence.

