

## Unit III Philosophy of yoga (Semester IV)

---

- Meaning of Yoga
- Yoga as a way of Healthy <sup>and</sup>  
Integrated living
- characteristics of the practitioners of Yoga
- Utility of Yoga in different contexts  
(Exercise: - Meditation, Pranayam  
by:

Dr. Asha Kumari Gupta

Asha Kumari Gupta

## Meaning of Yoga

Yoga is a process. It's a active. It's the way you engage with the world to create harmony. Yoga is how we participate and create relationship. Yoga is a discipline to improve or develop one's inherent power in a balanced manner. It offers the means to attain complete self-realization.

According of Maharishi Patangali, — Yoga is the suppression of modification of the mind.

Yoga is essentially a spiritual discipline based on an ~~art~~ extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga means to completely know yourself and to be at peace in yourself.

The word 'Yoga' is derived from the Sanskrit root 'yuj', meaning to 'join' or 'to yoke' or 'to unite'.

Yoga is not a religion, It is a way of living that aims towards a healthy mind in a healthy body.