

The Four Paths of Yoga



“The wise speak of the indestructible peepal tree,
having its root above and branches below.”

Bhagavad Gita, 15-1

What Is Yoga?

Yoga is a way of life, an integrated system of education for the body, mind, and inner spirit. This art of right living was perfected and practiced in India thousands of years ago but, since Yoga deals with universal truths, its teaching are as valid today as they were in ancient times. Yoga is a practical aid, not a religion. Yoga is union with all.

The Synthesis of Yoga

Over the centuries, four different paths of Yoga (**Karma, Jnana, Bhakti, and Raja**) have developed. They are often likened to four branches of a banyan, or people tree, which puts down roots from its branches and appears to be growing down to Earth from Heaven. Since we each have our own personality, we may prefer one path to another, but a one-sided development is not recommended, since it can lead to an imbalance in the personality. The whole person - heart, intellect, and hand-should be developed simultaneously, so a synthesis of the four main paths is recommended. It is best to have one basic sadhana (spiritual practice) or preferred path, but to draw from the techniques of the others as well.

Active Path—Karma Yoga

Karma Yoga is selfless service, the path by which the mind is most quickly purified and its limits transcended. The Karma Yogi works hard, both physically and mentally. He or she seeks to eliminate the ego and its attachments, to serve humanity without expecting reward, and to see unity in diversity. This enables the Yogi to tune to the one underlying divine essence that dwells within all beings. Karma Yoga is most suitable for people who have an active temperament. It involves working in the world and giving of oneself, but working on a spiritual level.

Philosophical Path—Jnana Yoga

This philosophical or intellectual approach to spiritual evolution describes the world as an illusion. Using the two powerful intellectual techniques of Viveka (discrimination) and Vairagya (dispassion), the veils of illusion, or Maya, are lifted. Jnana Yoga is usually regarded as the most difficult of the four paths of Yoga. This path demands a sharp mind and an unclouded intellect.

Devotional Path—Bhakti Yoga



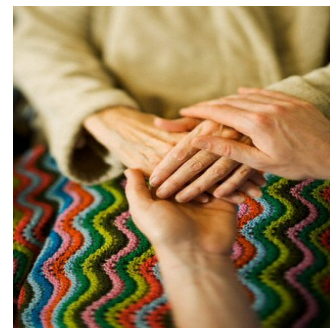
Bhakti Yoga tends to appeal to people who are emotional by nature. Since the emotions cannot be endlessly repressed, Bhakti Yoga teaches techniques for their sublimation. Through various practices, such as chanting, singing / playing devotional songs, prayer, and the repetition of mantra, emotional energy is

October Announcement

CLOSE on Public Holidays
01 Oct, Hari Raya Puasa
28 Oct, Deepavali

Kids Yoga Class
Sunday 8.45-9.45am

Cooking Workshop
11 Oct, Saturday
2.00-4.00pm





devotional songs, prayer, and the repetition of mantra, emotional energy is channeled into devotion, turning anger, hatred, and jealousy in a positive direction. Emotional love is changed into pure divine love.

Scientific Path—Raja Yoga


We each possess vast mental and psychic resources that lie virtually untapped below the surface of the conscious mind. To release this latent potential, Raja Yoga prescribes a psychological approach, based on a practical system of concentration and control of the mind. Right conduct, a healthy body and steady posture, breath regulation, and withdrawal of the senses are recommended to achieve this. Only if this foundation is firm can the superstructure of concentration and meditation succeed. **Hatha Yoga is a form of Raja Yoga that emphasizes asanas (postures) and pranayama (breath control).**



Yoga Mind & Body, Sivananda Yoga Vedanta Centre

October Event

**Vegetarian Cooking Workshop
Fall-Harvest Theme Cooking**



Date:
Saturday, 11 October 2008

Time:
2.00- 4.00pm

Class Size:
Maximum 10 (registration required)

Fee:
\$25,- / person
\$20,- for Sivananda Centre's student

RSVP:
Janaki 98386704 or Sumukhee 90679100
or email to info@sivananda.com.sg

Menu:
+French Bean and Apple Salad with Pumpkin Seeds Dressing
+Calzone with Brown Gravy
+Roasted Pumpkin Soup
+Chocolate Pumpkin Cookies

Includes:
+Recipes
+Having today's cooking together

Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8.45 - 9.45 am							Kids
10.00 - 11.15 am						10.00 - 10.45am Meditation	Beginner 1
11.00 -						11.30 -	

11.15 am						Meditation	Beginner 1
11.00 - 12.15 pm						Open & Pre-natal	11.30 - 12.45pm Open
12.30 - 1.45 pm		Open				12.30 - 1.30pm Headstand	
4.30 - 5.45 pm			Gentle				
6.30 - 7.45 pm	Intermediate	Beginner 2	Open	Beginner 2	Beginner 1		
8.00 - 9.15 pm	Beginner 2	Beginner 1	Open	Beginner 1	Advanced		

Description:

- B1 = Beginner 1 (no experience or few months of practice)
- B2 = Beginner 2 (more experience, we start to teach headstand)
- INT = Intermediate
- ADV = Advanced
- Open = multi-level students practice together
- Headstand = coaching class

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Serve, Love, Give, Purify, Meditate & Realize