

yoga and yoga discipline pdf

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attain union with the god within, the yoga of discipline, such as the kings of the Kshatriya or Warrior Caste were supposed to exemplify as the leaders of their states; and the sixth, which we Theosophists add, is the Brahma-yoga, the yoga of the spirit,

Yoga and Yoga Discipline | Helena Blavatsky | Yoga

Fifth, Raja-yoga, the yoga of self-devised effort to attain union with the god within, the yoga of discipline, such as the kings of the Kshatriya or Warrior Caste were supposed to exemplify as the leaders of their states; and the sixth, which we Theosophists add, is the Brahma-yoga, the yoga of the spirit, practically including the other five.

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Dating from about the third century A.D., the Yoga Sutra distills the essence of the physical and spiritual discipline of yoga into fewer than two hundred brief aphorisms.

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of the many types of hatha yoga, a physical discipline which focuses mainly on asanas (postures) and breath work in order to prepare the body for spiritual pursuits.

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