

# **YOGA ASSIGNMENT**

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Yoga is a type of meditation based on a philosophy that helps to balance the mind and body. Good health is both a science and an art. Yoga is derived from the Sanskrit phrase 'Yuj,' which means 'to link, yoke, or merge.' Yoga, according to Yogic literature, ends in the union of conscious experience with that of the Universal Cognition, meaning total harmony between wellness, humanity, and nature. As per existing theories, everything in the universe is a mirror of the same fundamental firmament. A yogi is somebody who has attained Mukti, Nirvana, or Moksha via witnessing this oneness of being. The purpose of yoga is to acquire Self-realization, which results to a state of freedom (Moksha) or 'freedom' (Kaivalya). Whereas most individuals practice Yoga for their athletic ability, it may also help us in many aspects. Several of the stances in Yoga are steeped in spiritual, and they have more significant goals than just relaxing and developing muscles. 1. Yoga's comprehensive impact allows practitioners to develop their feelings, mind, and focus in addition to their body flexibility and strength. Both Yoga and Vedanta include doctrinal qualities and are founded on a deity or holy, as seen in the lecture and video 1. The instructor included breathing directions, emphasizing the need of totally immersing yourself in the appropriate technique to perform the asana. "Please give me the strength that accept myself in all parts." Both yoga and Vedanta, as learned in the lecture, have a scriptural element and are either founded on a god or heavenly (Simmons "Yoga and Philosophy" 2022, 8:32). In addition, Krishna states in the Bhagavad Gita that if the only clean kind of conduct is devotion to the deities, that causes the gods to perpetuate human existence on this planet. 2. "While these statements suggest that you are worshiping anything, some people believe that Yoga is becoming far more adaptable to each individual. Yoga is unique in that, while spiritual, it does not prescribe a particular

Yoga faith," it explains. "Even in the devotional forms of yoga, it states you can worship Ganesh, Krishna, Jesus, or Allah with whichever object of devotion you like." According to the video, you laud a Lord during the lesson, although it may be any Lord. All through the meditations, one is free to open oneself to whichever degree they choose and to whomever/anything you want. We learned in class that being religious and being around by religious people can be a distraction and an impediment to your yoga practice (Simmons "Preparing for Yoga" 2022, 8:46). It's similar to

yoga studio video 2 in that the trainer didn't say anything religious while leading the session. "Such conceptions emerge initially in early Upanishadic writings, like the Bhadrayaka Upanishad, that states 72,000 routes, starting in the heart," according to Foundations of Yoga, referring to the fact that there are numerous networks that all go directly to the core. The trainer made a conscious effort to concentrate on your emotions all through the yoga session, saying things like "let the heart guide you" and "let the heart lead you." Whereas the yoga class we attended focused primarily on experiencing the body and soul, as well as stress relief, we have managed to learn that there is more to Yoga during practice, including Dharana, in which the yogi overcomes the body and can focus on the placing of the brain, which is a different mentality than the yoga session we attended<sup>3</sup>. There are numerous varieties, and more conventional sorts accessible since the yoga session we did had parallels to the foundation of Yoga. The third yoga class clip emphasizes the physical parts of Yoga above the psychological component, which corresponds to the modern Yoga we recognize. As we discussed in class, Yoga has begun to be associated with fitness and may help you achieve your ideal physique. "Sundaram and Iyer's promotion of physicalized yoga as a primarily "spiritual" practice mirrored a road to religious completeness via physical beauty.

Yoga was a bodybuilding and gymnastic who aspired to have the most delicate physical appearance possible. He practiced and promoted Yoga, which helped shape the current yoga activity. While contemporary Yoga is generally associated with bodily rather than mental practice, it was not always regarded as a beneficial pastime until it was modernized. Early interactions with Yoga in Europe led to a wrong perception of yogis. "They would be characterized as people who would conduct black magic rituals, people who wore perverse sexually, people who were impure and just dirty" (Simmons "Yoga and the West" 2022, 12:30). The Yoga we did in the YouTube session is a relatively contemporary kind of Yoga. Yoga practice has evolved, as have ideas of Yoga and who is qualified to perform it. Film Four links to the theme by understanding concerning K. Pattabhi Jois, the founder of Ashtanga yoga and the source of the group's influence. "The core of Ashtanga yoga is vinyasa, or yogic asana sequences." (Simmons, "K. Pattabhi Jois Lecture 2022, 1:06). As per "Experts of Contemporary Yoga," "he is widely considered as the originator of modern yoga, and his place as the pioneer and innovator of yoga in the contemporary age is solidly entrenched in several student organizations, especially those lionizing good current variants of classical yoga." The majority of the session is devoted to Hatha Yoga, which gently moves your body into poses that require strength and flexibility and is the type of Yoga most commonly associated with modern Yoga in the western. Regarding the sort of Yoga we see in the west, the Swaminarayan group's BAPS has a significant presence here, focusing on Gurus and construction projects. BAPS is related to the class since many individuals that exercise Yoga are also connected with the BAPS organization, which is quite popular in the U.S. Proper yoga training helps its learners find peace - both inside

themselves and the environment around them. Yoga's religious aspect stresses finding serenity and mental clarity above mastering postures<sup>5</sup>. When we approach Yoga from a spiritual perspective, we YOGA recognize that the ultimate goal is to change and realize our true inner Self. Self-awareness entails achieving our full potential<sup>6</sup>. Discovering our latent potential helps us reveal the totality of our divinity and contribute the most to the world possible. Yoga practiced with this end goal in mind will result in spiritual satisfaction and a state of profound happiness<sup>7</sup>. A vegan or vegetarian meal is part of total-integration practicing yoga, as is a particular lifestyle, the practice of empathy and compassion, and a vegetarian or vegan diet, all of which contribute to achieving the goal above.

Thanks you

Yoursfaithfully

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