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YOGA

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Introduction :-

- yoga philosophy was an inseparable part of the human society or human existence as such in ancient India.
- So much importance was given toward the treatment of this it becomes a subject of discussion in all the type of literature. philosophical or.
- In present day of stress and strain where in most of cases the individuals are mentally ill and the society is suffering from moral degradation and values of the life to greater extent study of or yoga.
- it is simple and easily understandable and actual performance.

* There are seven yoga upanishads

1. ~~yoga sutra~~

2. ~~yoga upanishads~~



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* ~~Amrita~~ :

- ① yoga sutra :

- Patanjali yoga sutra is divided to four. padas covering the arts science and philosophy of life.

- 196 sutras are succinct, precise, profound and devout.

- Four padas of. 1. samadhi pada
2. sadhana pada
3. vibhuti pada
4. kaivalya pada

* yogupnishes are as follows :

1. AMRTANADOPANISAD :

* It is 21st among the 108 upnishes and forms part of the Krishna yajurveda

- There are only 38 slokas.

- Amrita-nada - means sound

But why this sound is Amrita. because this sound is of pranava or omkar which is expression of supreme good.

- Isvara is called pranava. this is naturally sound of pranava joyes