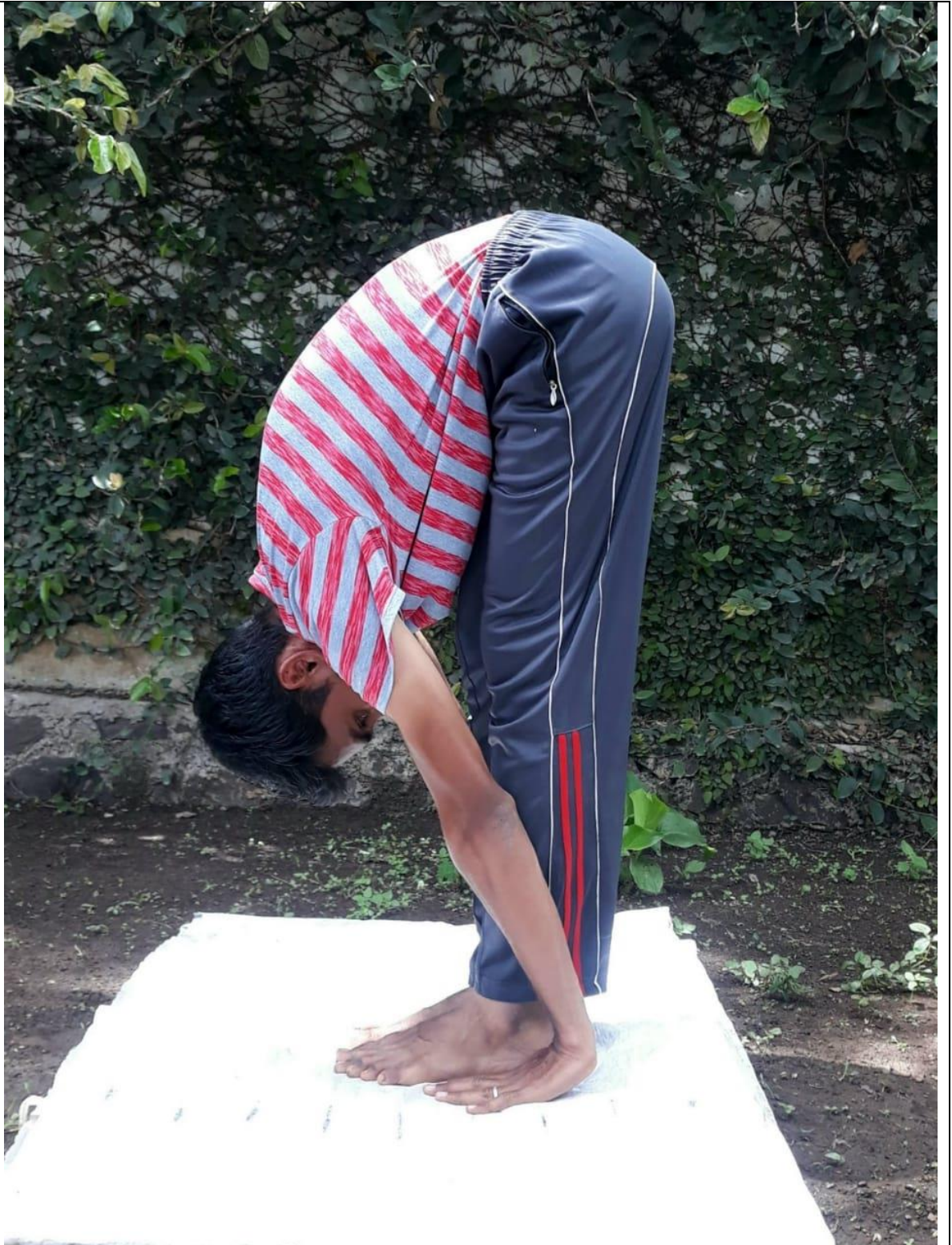




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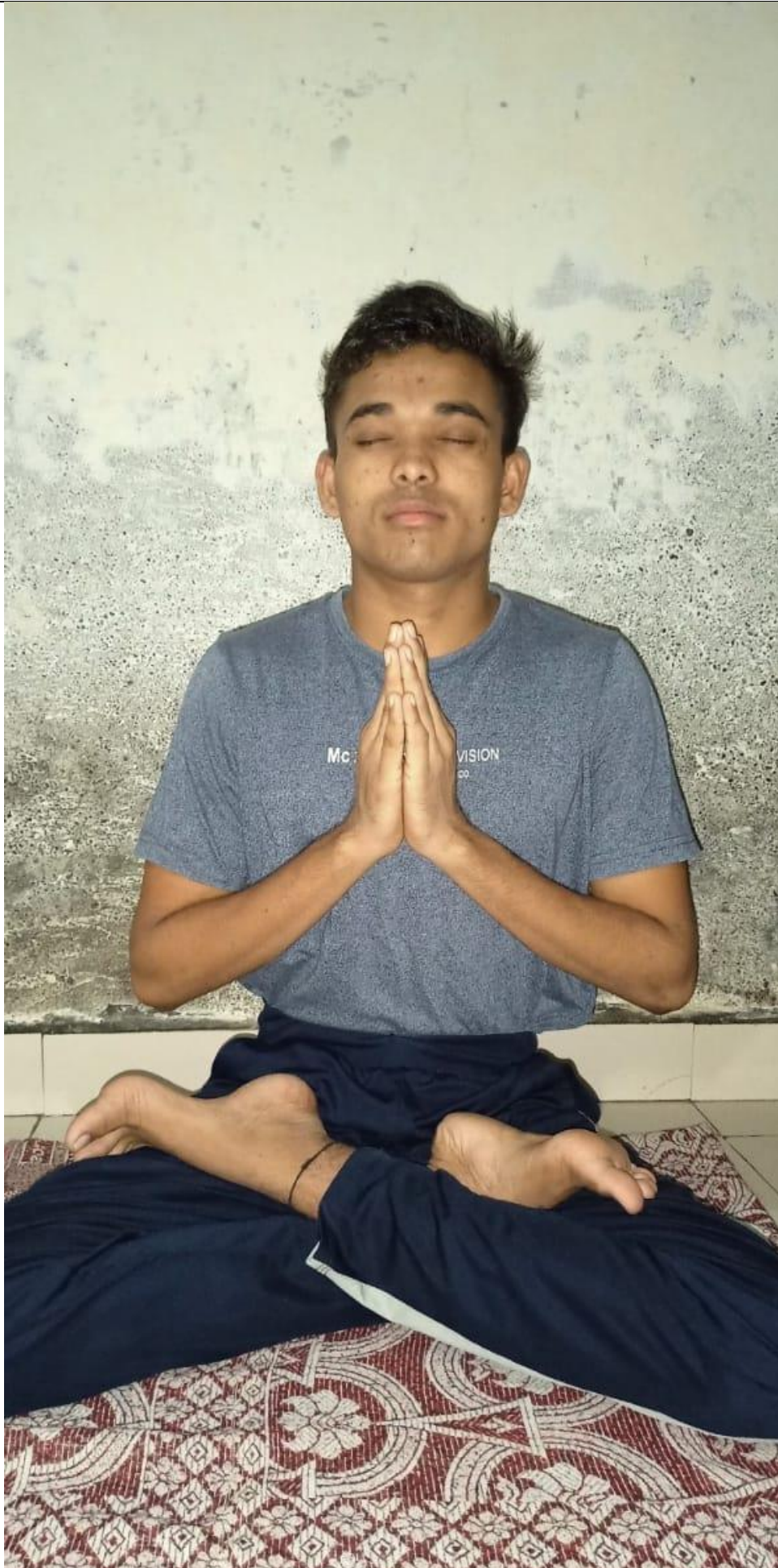


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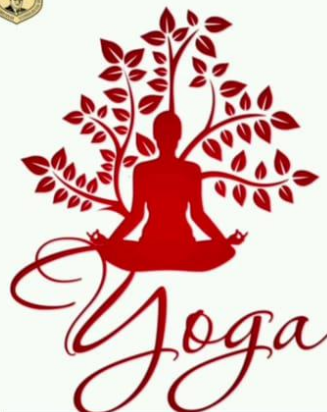


What is Yoga?



- Yoga is an Art and Science of healthy living.
- It is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body.
- The holistic approach of Yoga is well established and it brings harmony in all walks of life and thus, known for disease prevention, promotion of health and management of many lifestyle related disorders.

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- The term 'Yoga' is derived from the Sanskrit root 'YUJ', meaning 'to join' or 'to yoke' or 'to unite'.
- As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.
- The aim of Yoga is Self-Realization, to overcome all kinds of sufferings leading to 'the state of liberation'. This is one of the oldest sciences of the world, originated in India, which is very useful for preserving and maintaining one's physical and mental health and also for 'spiritual evolution'.

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Milind Bhagat

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