

What is Yoga?

(Excerpts from "Hatha Yoga is a Spiritual Path" by Swami Nirmalananda)

The ancient tradition of yoga includes yoga poses (asana), breathing methods (pranayama) and energy seals (mudra). It also offers guidelines for daily living (yamas and niyamas) and focusing practices (dharana). You can progress to mastery of the energies of your senses (pratyahara), meditation (dhyana), absorption into your own inner ecstasy (samadhi), and even beyond that to enlightenment. All of these practices range from the very easy to the subtle and profound.

Yoga also offers study of the ancient texts that describes the nature of your own Being. It includes the science of sound, the inspiration we get from enlightened Masters of all traditions and the opening of your heart to the divine Presence that is always both outside and inside.

Yoga is an ancient mystical tradition, with a variety of philosophies that teach about the mysteries of life as described by yogic sages over thousands of years. It is *NOT* a religion. It actually pre-dates Hinduism by centuries. You can practice any religion and still do yoga.

Yoga opens the doorway to your own inner Essence. Once you tap into this infinite Source, your whole life is transformed. You shine with an inner love and joy that you feel and know with your whole being. It fills your body, mind, heart and soul. You understand the meaning of life and you live it with every breath. You see the light of Consciousness in every person and every thing. Your life becomes the vehicle through which grace and blessings flow.

In *Svaroopā*[®] Yoga, we work with the body for your specific purpose of having this inner experience. Everything we do, from the easiest to the most challenging, is for the higher purpose that is yoga itself. Yoga philosophy is embedded in everything we teach, from the most basic pose to the deepest meditation session, just as joy should be embedded in every moment of your life and in every part of your body.

"Tada Drastuh Svarupe Vasthanam"

"When the mind becomes still, we are established in our essential nature – which is unbounded Consciousness and bliss." ~ Patanjali