



Yoga and Mindfulness

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agenda

International Yoga day

Yoga origin and definitions

Paths and 8 limbs

Practices

Common benefits of both



June 21st is celebrated as UN International day of Yoga:



Origin of Yoga

- Yoga = union
- Yuj (Sanskrit) = to join or unite body, mind and spirit
- Same origin as yoke



Definitions of yoga

- ❖ Controlling the mind's fluctuations
- ❖ Working selflessly without expecting the fruit of one's action
- ❖ Balanced – equanimity in pleasure and pain

*Mindfulness – being fully present in the moment,
non-judgmental awareness, compassion, gratefulness*

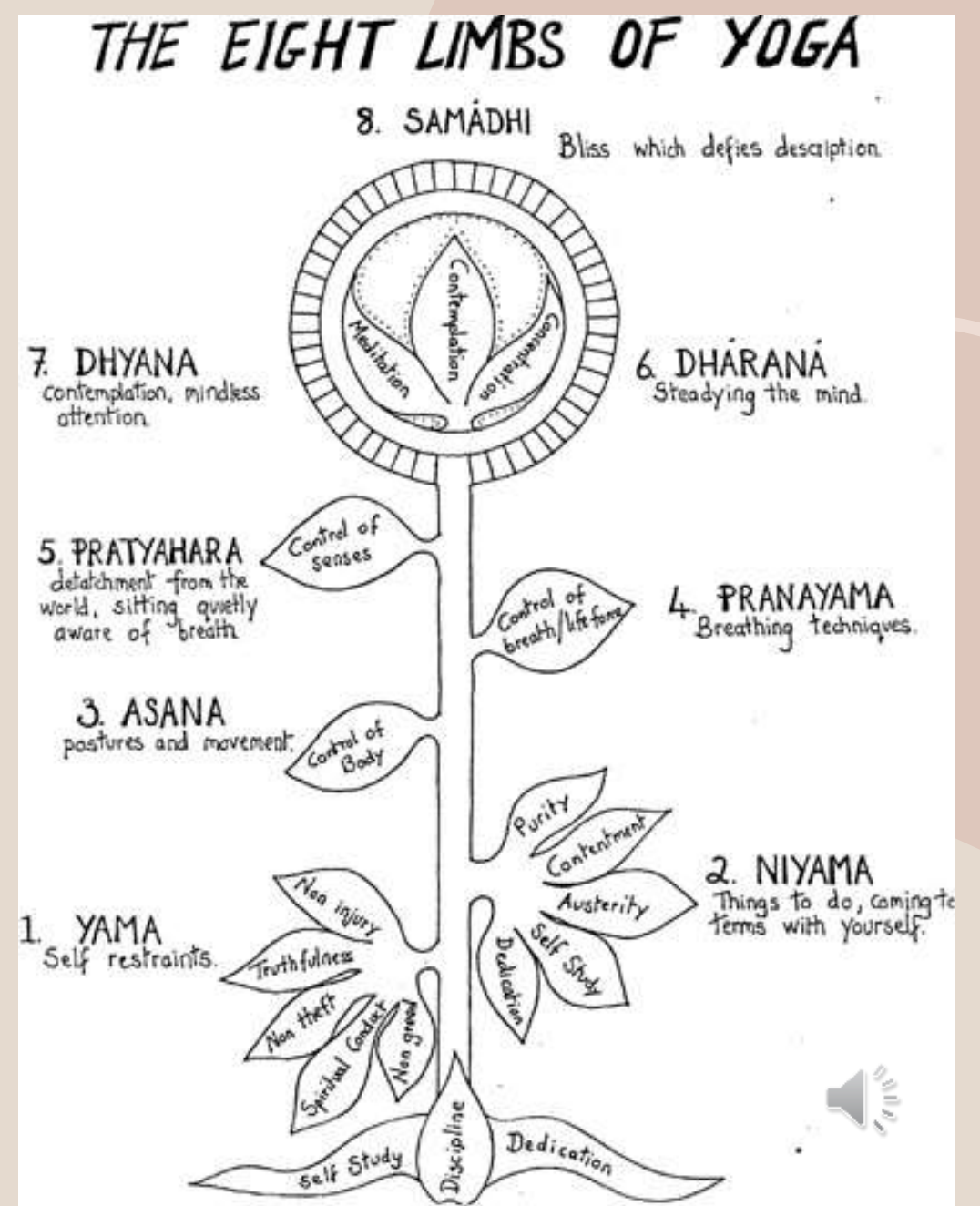


Paths of Yoga

- Bhakti Yoga - devotion
- Karma Yoga – selfless work
- Gnyana Yoga – wisdom
- **Raj Yoga – 8-limbs**




1st, 2nd → behavior
3rd → exercise
6th, 7th, 8th → mind



Practices





Common benefits
–energy, memory, resilience,
wellbeing



thank you

