

WHAT IS INTEGRAL YOGA?

As Sri Swami Satchidānanda, a modern day master of Yoga, describes Integral Yoga:

It is a flexible combination of specific methods designed to develop every aspect of the individual: physical, emotional, intellectual, and spiritual. It is a scientific system which integrates the various branches of Yoga in order to bring about a complete and harmonious development of the individual."

Sri Swami Satchidānanda is the real teacher of this course. He brought the teachings of Integral Yoga to this country. His life is an example of the teachings which He learned from His guru, Sri Swami Sivananda of Rishikesh, India.

Integral Yoga is the synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual.

Haṭha Yoga

Predominantly concerned with physical development through Āsanās (postures) and Prāṇāyāma (breath control), Mudrās, Kriyās, Yogic diet, and Yoga Nidrā (Deep Relaxation).

Rāja Yoga

Predominantly concerned with the control of the mind through ethical perfection and regular practice of concentration and meditation.

Bhakti Yoga

The path of devotion. By constant love, thought, and service of the Divine (either as God, a Divine Incarnation, or a spiritual teacher), the individual transcends the limited personality and attains Cosmic Consciousness. The path of Bhakti Yoga can be practiced by anyone comfortable with relating to the Divine on a personal level. All that is needed is faith and constant remembrance of the Divine.

Karma Yoga

The path of action. Performing duties without attachment to the fruits (or results) of the action.

Jñāna Yoga

The intellectual approach. Through the knowledge of what really exists, that is, what is not changeable, the Jnani Yogi (one who engages in the Path of Wisdom) realizes oneness with the entire Universe.

Japa Yoga

Japa mean repetition of a Mantrām. A Mantrām is a sound structure of one or more syllables which represents a particular aspect of the Divine Vibration. Concentrated mental repetition of the Mantrām produces vibrations within the individual's entire system which are in tune with the Divine Vibration.