

**Title: Conversations**

**Subtitle: Yoga Means To Connect; Yet Needs All Aspects**

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Tantra Yoga - A methodology of controlling the bodies vitality.

Jnana Yoga - A seeking of spiritual knowledge or practise of mindfulness me

Bhakti Yoga - Ritual devotion.

Karma Yoga - A path of mindful action as a means & technique of inner karma cleansing.

Pranayama Yoga - A practise of regulating the breath by keeping the body balanced through breathing.

Ayurvedic Yoga - A practise to awakening the sexual vital energy.