

Title: Conversations

Subtitle: Yoga Means To Connect; Yet Needs All Aspects

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

Author: wizanda

Date: 1467837131

URL: https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=21

Tantra Yoga - A methodology of controlling the bodies vitality.

Jnana Yoga - A seeking of spiritual knowledge through practise of mindfulness meditation.

Bhakti Yoga - Ritual devotion.

Karma Yoga - A path of mindful action (as a service) of inner karma cleansing.

Pranayama Yoga - A practise of regulating the breath by going keeping the body balanced through Kureddhiimig

Hatha Yoga - A practise to awakening the sexual vitality.