

**A Yogi's Guide to Yoga**  
**From Source to Modern Science**

**By: Brent Laffoon**

**A Yogi's Guide to Yoga is the official Study Guide of  
The Association of Yoga Professionals**



**The AYP provides accreditation for yoga studios and schools, certifications for yoga teachers, and works to connect students of yoga with the teachers best qualified to serve their needs.**

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## Introduction

Welcome to A Yogi's Guide to Yoga. Whether you practice, teach or are simply curious about yoga, my hope is that this guide will help deepen your understanding of the subject and support you on your path to becoming the most skillful, knowledgeable and inspired student, practitioner and/or teacher you can be.

Given the vast number of books, manuals and other publications about yoga that already exist, it's fair to ask "Why another?" There are two main reasons:

1. **Yoga is dynamic.** New discoveries continue to emerge—both in terms of yoga's origins and how it's evolved over the last several thousand years, as well as how modern science supports many of the ancient practices while challenging others. At the same time, as the world itself evolves, yoga continues to adapt to meet the needs of those who practice it. In an age of constant technological connectivity and increasing physical and mental health epidemics, this guide aims to help bridge the gap between how yoga is commonly perceived and the emerging challenges it is less-commonly understood but nonetheless well-equipped to address.
2. **Professional coherence.** In nearly every other field that involves caring for others—from medicine and law to real estate, dentistry, cosmetology, accounting, architecture and many others—there are established standards and certification processes that define competency and accountability. For various reasons, yoga has long resisted this kind of structure. The result is widespread confusion among many practitioners and teachers as to what yoga actually is, and how to practice and teach it safely and effectively. While official standardization may remain a ways off—and perhaps may be unnecessary—there are nevertheless certain core principles that any serious student and teacher of yoga would benefit by knowing. This book aims to share that foundation.

All of that said, no one can learn to practice or teach yoga through reading alone. Developing a skillful practice and becoming an effective teacher requires guidance from qualified mentors, regular study, disciplined and consistent practice, as well as personal experimentation—in most cases over a period of years, if not decades. This guide is meant to serve as one piece of that larger puzzle.

As with all conversations about yoga, this book is a continual work in progress. If you have any questions or would like to share any information that you feel might improve on what's already here, please feel free to send an email to: [info@theayp.org](mailto:info@theayp.org)

With a deep bow of gratitude to all of my teachers—past, present and yet to come—and to the cause, the source, the God or Divine Cosmic Force that gave us life and grants us the ability and opportunity to be here at all.

May this guide serve as both a compass and companion as you explore the many dimensions of the vast and ever-expanding realm that is yoga.

Brent Laffoon  
President & Founder, The AYP

## Overview

According to the most generous estimates, at the time of this writing—in December of 2025—there are roughly 300,000,000 practitioners of yoga worldwide—a number that may seem substantial at first glance. Yet in terms of the global population, it represents less than five percent of people on Earth.

Given the many physical and mental health epidemics that have emerged across the world in recent years—and that continue to be on the rise in many places—and given also that yoga has proven effective in both treating and helping to prevent many of those same conditions, it's reasonable to conclude that far more people could benefit by practicing yoga than currently do.

At the same time, given the relatively short training required in many cases to become a yoga teacher, coupled with a widespread misunderstanding both of what yoga is and how it works, it is likely that many people who currently practice yoga could benefit even more than they already do by developing a more informed and skillful practice.

In other words, despite how popular yoga has become in the modern world, there remains tremendous opportunity for growth. The purpose of this book is to provide a resource for students and teachers of yoga alike. For students, the aim is to help them practice in ways that serve their individual needs as safely and effectively as possible. For teachers, the intention is to offer a resource that will inspire new possibilities in their personal practice and provide a wealth of information to help them better serve their students.

And for both teachers and students, this book is intended to help support an evermore informed, inclusive and impactful yoga community—one that honors tradition while embracing evolution.

## A Brief History of Yoga

*“There is no subject which is so much wrapped up in mystery  
and on which one can write whatever one likes  
without any risk of being proved wrong.”*

*—I.K. Taimni, Indian scholar, on the obscurity of yoga*

••••

Yoga is an ancient, ever-evolving tradition that invites people into deeper relationship not only with their bodies and minds, but with life itself. This first chapter offers essential context for understanding what yoga is, how it developed and why it continues to matter. By examining its historical roots and modern expressions, it becomes clear that yoga is not a fixed system, but a living, adaptive discipline—one with the potential to support well-being, personal growth, professional success and self-understanding at every stage of life.

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No one knows exactly when or where yoga first came into being. The earliest known use of the word ‘yoga’ in reference to something that could be said to resemble a practice appears in the ***Upanishads***, a series of ancient Hindu texts thought to have been composed over the course of several hundred years, beginning in roughly 700 B.C.E., in the far northwestern corner of a land that would later be known as India.

There is, however, evidence that suggests proto-yogic practices may have existed long before the *Upanishads*. The most compelling example is the *Pashupati*, or *Mahayogi* seal—an ancient soapstone carving that was found in what is now Pakistan, and that depicts a human-like figure sitting in what many archeologists interpret as a classical meditative posture. Estimated to be roughly 4,500 years old, the seal hints that some of yoga’s roots may reach back to the Indus Valley Civilization, though interpretations vary and some scholars dispute the “yogic” reading of the image.

There are also speculative theories—far less widely accepted—that propose even earlier origins. Drawing on parallels in ritual practice and early healing traditions, some fringe scholars suggest that the seeds of yoga may have actually begun sprouting through various ancient shamanic traditions of northern Africa and the Middle East some 10,000 years ago, possibly far longer. These theories remain conjectural, but they echo a recurring theme: yoga’s origins are ancient, complex and difficult to pin down with certainty.

What we do know is that yoga, in some form, has existed for at least 2,500 years, making it one of the oldest living human traditions. But while the exact ‘when’ and ‘where’



of yoga's origins remain a mystery, it is at least somewhat more clear how and why the seeds of yoga took root and began to grow.

### ***Pre-Classical Yoga***

Based on geologic, genetic and archeological evidence, it appears that the practice of yoga as most people think of it today first emerged as the result of major environmental and cultural shifts that happened some 4,000 years ago.

Beginning around 2,000 B.C.E., a series of droughts in Central Asia caused many of the Indo-Aryan tribes who inhabited the region to begin migrating south through the Hindu Kush mountains into what is now northwestern India. Around roughly the same time, a series of floods in the Indus Valley Civilization caused many inhabitants of present day Pakistan to begin migrating eastward into the same region.

These converging migrations resulted in the coming together of people who differed in language, appearance, beliefs and customs. Although it was once believed that the Indo-Aryans invaded and conquered the Indus Valley Civilization, most scholars now agree that more than likely what happened was more nuanced process of gradual assimilation, cultural exchange and eventual co-development. This blending laid the foundation of early Indian society and marked the beginning of what is known as the Vedic Period.

In order to live in harmony with each other, the two cultures had to work out many issues. This is reflected in the ***Vedas***, a series of ancient texts that are thought to have been composed between 1500-1000 B.C.E. Containing all manner of information—from discussions of philosophy, metaphysics, medicine, astronomy, grammar and ethics to a variety of prayers, hymns, even instructions on how to perform various rituals and fire ceremonies—the *Vedas* form an encyclopedia of sorts of early Indian thought. A record, however rough, of the social, religious and philosophical development of Indian society.

Among the major themes explored in the *Vedas* are questions about the origins, purpose and nature of existence—*Who or what created the universe? Why are we here? What happens after we die?, etc.*

But while the early *Vedas* contain the seeds of certain philosophical concepts that would later evolve into the foundations of yogic philosophy, the first and arguably most significant impact the *Vedas* had on the birth and subsequent rise of yoga was the encouragement of a ***varna***, or class system, which called for society to be divided into four social classes, each with their own duties.

In particular, the *Purusha Sukta* hymn of the *Rig Veda* (the oldest of the *Vedas*) presents a cosmic creation myth centered on ***Purusha***, the primordial cosmic being, whose body is sacrificed by the gods to create the universe and human society. The four *varnas* are described as emerging from different parts of *Purusha*'s body.

*“Brahmin was his mouth, of his arms were made the Kshatriya,  
His thighs became the Vaishya, from his feet the Shudra were produced.”  
(Rig Veda 10.90.12, paraphrased)*

*Brahmins* were the priest class, responsible for interpreting sacred texts, performing sacred rituals and teaching sacred knowledge. *Kshatriyas* were warriors and rulers, responsible for protection and governance. *Vaishyas* were farmers, merchants and artisans, responsible for commerce, trade and agriculture, and *shudras* were the laborers and servants, responsible for supporting the other varnas.

This structure was not immediately embraced throughout India, but over time it grew more and more widespread until eventually becoming the status quo. This was due in large part to the influence of the *brahmins*. As the keepers and teachers of sacred knowledge, they were responsible for composing not only the *Purusha Sukta*, which gave a mythological justification for the emerging social order, but all of the Vedas. This gave them a hugely important role in the developing society. Not only were they the arbiters of all religious and spiritual matters, they were also the only ones who could perform the rituals, benedictions and ceremonies that—according to the *Vedas*—were required to maintain the cosmic order and bring prosperity, fertility, peace, good fortune and health, as well as a successful afterlife in the heavens.

But while the original class system is thought to have been more egalitarian and fluid, with a person’s skills and behavior determining their role, over time it gradually hardened into a rigid, birth-based hierarchy that limited not only social mobility, but also access to spiritual knowledge.

Throughout the Late Vedic Period (approx. 1000-500 B.C.E.), *shudras* came to be excluded altogether from participating in Vedic rituals, *vaishyas* came to be permitted only limited access, and if either they or the *kshatriyas* wanted to receive the blessings that *brahmins* alone could provide, they had to pay increasingly more for them as time went by.

It was at least in part because of these shifting social dynamics that a counter-movement began to emerge—one that emphasized internal reflection over external ceremony. This led to the rise of several new religions, most notably Buddhism and Jainism, which encouraged meditation and renunciation as a path to *nirvana*, i.e., enlightenment, or freedom from suffering.

These movements in turn influenced the Vedic orthodoxy. Instead of performing rituals to maintain the cosmic order and achieve eternal bliss in heaven, many *brahmins* began teaching that the true goal of human existence is to realize *atman*, the individual soul or essential Self, as *Brahman*, the supreme soul or ultimate reality, and in so doing to achieve *moksha*, liberation of the soul, and thus freedom from worldly suffering.

The more spiritual access became restricted by class, however, the more people began to move away from priestly authority and turn instead toward Self-study and inner knowledge as the path to liberation.

This shift is documented in the *Upanishads*, another series of ancient texts that are thought to have been composed by a variety of anonymous sages over the course of several centuries, between roughly 800-300 B.C.E. Considered to be the culmination of the *Vedas*, the “fruit”, as it were, to the Vedic “tree”, the *Upanishads* are not separate from the *Vedas*, but rather the mature outcome of them.

Along with philosophical discussions about the source of creation, the nature of the Self and the path to liberation, the *Upanishads* also contain accounts of different sages’s experiments with a variety of techniques that they believed would help them achieve *moksha*—everything from breathing exercises and fasting to chanting mantras, consuming certain herbs and performing various self-purification rituals.

Most scholars agree that these experiments represent a precursor to the more formalized practice that would later become known as “classical yoga.”

Despite their many references, however, to ideas that would later become hallmarks of classical yoga—such as breath awareness, chanting Om and the pursuit of liberation through concentration—the closest the early *Upanishads* come to describing yoga as something even vaguely resembling a method is a passage from the *Katha Upanishad*, thought to have been composed in the late 5th century B.C.E.:

*“When the five perceptions are stilled, together with the mind,  
And not even reason bestirs itself, they call it the highest state.  
When senses are firmly reined in, that is Yoga, so people think.  
From distractions a man is then free, for Yoga is the coming-into-being,  
as well as the ceasing-to-be.”*

Just as significant as their references to yoga and proto-yogic practices, however, were the discussions in the *Upanishads* of various philosophical concepts whose seeds had been planted in the *Vedas*, but whose meanings had since evolved.

In particular, the *Upanishads* discussed *purusha*, not as the primordial cosmic being of the *Vedas*, but as the human spirit; the eternal, formless Self, i.e., the soul.

At the same time, they also discussed ***prakriti***, which had been referred to in the *Vedas* as the fundamental power behind creation; the source of everything, much like a cosmic womb. In the *Upanishads*, though, *prakriti* became material reality; all that is subject to change, i.e., everything that is not the soul.

Term	Vedic understanding	Upanishadic understanding
<b><i>Purusha</i></b>	A primordial being whose body was sacrificed to created the Earth and human society	The soul; the eternal formless Self
<b><i>Prakriti</i></b>	The fundamental power behind creation	Everything that is not the soul

These two concepts would eventually form the foundation of an ancient Hindu school of philosophy called **Sankhya**, which itself would become the foundation of classical yoga.

Literally 'enumeration' or 'taking account', Sankhya asserted that the way to liberation was through rational examination of reality and its component parts. Unlike Vedic philosophy, which saw the Self (*atman*) and the Divine (*Brahman*) as being different expressions of the same ultimate source, Sankhya taught dualism, i.e., that consciousness (*purusha*) and material reality (*prakriti*) are fundamentally separate, and that liberation comes not through uniting the Self with the Divine, but by discerning the distinction between what perceives and what is being perceived, thus freeing our souls to experience themselves as a state of pure awareness, undisturbed by whatever thoughts, feelings and/or external circumstances that might otherwise trouble us or cause us to forget our true nature.

By conceiving of reality as being made up of two independent principles instead of originating from one single source, Sankhya marked a radical shift in the evolution of human consciousness. At the same time, by offering a new way of understanding not only our own existence, but all existence, it presented a compelling means of subverting the class system.

But while the Vedic tradition began to encourage specific actions meant to help people achieve liberation, such as living ethically, fulfilling one's duty and being of service to others, Sankhya was a philosophy only, with no practices associated with it and no clear doctrine about how one might go about the process of freeing their individual consciousness from the distracting/disturbing influence of its physical environment.

That was soon to change, however. As the Vedic age was reaching its end, yoga was only just beginning to emerge in full.

### ***Classical Yoga***

With the advent of Sankhya came the eventual composition of several new texts, two of which—the ***Bhagavad Gita*** and the ***Yoga Sutras***—would go on to form the foundation of what is now considered classical yoga. It is not entirely clear when either text was composed, but most scholars place the *Gita* sometime between 300-100 B.C.E. and the *Sutras* around 200 C.E. And while it is clear they were both influenced heavily by both the

teachings of the Vedas as well as the ideas of Sankhya, they differed from each other in a number of ways, not the least of which was their conception of yoga.

The *Bhagavad Gita*, or ‘The Song of God’, is part of an epic poem called the ***Mahabharata***. Said to have been composed by a mythical sage named Vyasa, who is often described as being a divine figure, the *Mahabharata* is the longest epic poem in human history—ten times longer than the *Iliad* and the *Odyssey* combined. It tells the story of two sides of a warring family struggling to gain power in an ancient kingdom (in what is now northern India), and woven throughout the narrative are a variety of philosophical and spiritual themes.

Though it accounts for only a small section of the larger story, the *Bhagavad Gita* is considered by many to be the most important part of the *Mahabharata*. Set on a battlefield where two armies are about to square off, the text consists of a dialogue between a young warrior prince named Arjuna, and his counsellor, Krishna.

As the battle is about to begin, Arjuna despairs, thinking of the violence and death that are sure to follow, and unable to bring himself to take up arms against the opposing soldiers, many of whom are his family, friends and former teachers, he becomes emotional and seeks Krishna’s council.

Over the course of the conversation that follows, Krishna reveals himself to be a divine being—an incarnation of *Brahman*—and advises Arjuna to establish himself in yoga, which he describes in a variety of ways, including “perfect evenness of mind,” “skill in action,” “meditation,” “selfless service,” “devotion to” as well as “union with the divine.”

The setting of the battlefield is generally interpreted as an allegory for the struggles of human life, both inner and outer, and the dialogue between Arjuna and Krishna covers a wide range of philosophical and spiritual matters that reach far beyond the war Arjuna faces. For this reason, as well as for the ideas it expresses and the way it expresses them, the *Bhagavad Gita* is widely considered to be one of the greatest scriptures not only of Hinduism, but of all world religions.

As far as yoga is concerned, the text is significant for several reasons:

1. It defined yoga clearly for the first time as both a state of being, as well as a discipline that could lead to the attainment of that state; and,
2. It was the first text to present different paths, or branches of yoga, including ***karma yoga***, the path of selfless service; ***jñana yoga***, the path of spiritual study; ***bhakti yoga***, the path of devotion, often called “the path of the heart”, which typically involves practices such as chanting of mantras, recitation of prayer and/or group singing, known as *kirtan*; and finally, though it does not use the specific term, the *Gita* also discusses ***raja yoga***, the path of meditative awareness, also known as the “royal path.”

The introduction of the different branches was particularly important because it took a major step toward making yoga inclusive. By offering a variety of paths to liberation, the *Gita* acknowledges that different people have different strengths and weaknesses, and that what works for one may not necessarily work for another. In essence, the branches are the *Gita's* way of saying that yoga is for everyone.

Perhaps most significant of all, however, is the *Gita's* suggestion that yoga requires taking action and devoting one's self to being of service in the world. This contrasts sharply with the ethos of the *Upanishads*, which are generally considered to have encouraged a more ascetic pursuit of liberation.

As for the *Yoga Sutras*, they marked a revival of asceticism, albeit with a much more systematic and philosophically clear framework. Composed by a sage named Patañjali, about whom almost nothing is known, and consisting of 195 or (depending on the translation) 196 *sutras*, the text presents what has become arguably the single most influential framework in history on the theory and practice of yoga.

Literally translated as 'thread' or 'discourse', a ***sutra*** is a short phrase or statement that's meant to contain the seeds of a larger concept. The idea of *sutra* writing is to weave together knowledge of a given subject by condensing as much information as possible into as few words as possible, thus making the concepts easier to remember.

The *Yoga Sutras* are significant in that they represent the first known effort to take all of the many disparate techniques that different people were calling yoga at the time, and codify them into a single method with a clear objective: To learn to realize the Self as pure consciousness (*purusha*), separate and distinct from material reality (*prakriti*).

Known for being somewhat esoteric, the *Sutras* define yoga as '*citta vritti nirodaha*', which has been translated many ways, including 'the cessation of the fluctuations of the mind', 'the ability to focus the mind in a single direction without distraction', 'the ability to overcome the mind's tendency to bend reality', and 'the purification of consciousness and its manifestations', among other similar notions.

Whatever Patañjali's actual meaning, it seems clear and is generally accepted that the practice of yoga as presented in the *Yoga Sutras* is concerned primarily with the activity of the mind and its relationship to consciousness, the overarching idea being that the achievement of Self-realization depends ultimately on learning to calm the mind in order to distinguish what is perceived (*prakriti*) from what perceives (*purusha*).

It is perhaps because of their philosophical rigor that the *Yoga Sutras* were originally studied and applied almost exclusively by male *brahminical* renunciates, whereas the *Gita*, with its challenge to the notion of having to retreat from the world in order to free one's self from suffering, was thought to be more for the typical householder.

Interestingly, even though the *Yoga Sutras* list *asana*, or yoga postures, as one of the components on the path of yoga, the word appears only four times in the entire text. But

since the *Sutras* are concerned exclusively with *raja* yoga, it is commonly held that the only postures Patañjali was referring to were those of seated meditation. And likewise with the *Bhagavad Gita*, even though the text describes yoga as a combination of physical and spiritual disciplines that connect the body and mind, it makes no mention whatsoever of the practice of *asana*.

In other words, despite the immense contribution and enduring influence of both the *Bhagavad Gita* and the *Yoga Sutras* it would be another several hundred years after their composition before yogis would become known for doing downward dogs, headstands and the many other poses that have become the hallmark of yoga as it is generally thought of today.

### ***Tantra and the Rise of Hatha (Post-classical Yoga)***

Up until the 5th century C.E., most practitioners of yoga were taught to view the human body as something that limited our sense of being, and thus that needed to be transcended in order to achieve liberation. Paradoxically, this way of thinking limited people's perception and created a very rigid understanding of what it meant to practice yoga.

Things began to change, however, with the emergence of ***tantra***, another liberation-focused philosophy and set of practices that developed in ancient India, in this case as early as the 5th or 6th century C.E., according to most estimates. Unlike classical yoga, which saw the body as an obstacle, tantra celebrated the body as a temple, and as such saw it as a gateway to liberation.

But while classical yoga remained concerned with calming the mind in order to experience the Self as pure consciousness, *tantra* aimed to transform consciousness to perceive the divine in all things, and thereby to experience one's Self as being in a state of constant union with the divine. And while classical yoga emphasized a rigorous path of self-discipline, meditation and ethical conduct, *tantra* emphasized a variety of rituals that involved the worship of deities, the use of sacred symbols and sounds, as well as the use of bodily experiences and sensory perceptions as a means of awakening spiritual energy and attaining higher states of consciousness.

It was in large part for these reasons that classical yoga and *tantra* remained distinct practices for several centuries. Over time, however, experimentation across both schools led to a cross-pollination of ideas that eventually gave rise to what we now recognize as ***hatha yoga***, sometimes called 'body-yoga', which focuses on physical postures (*asana*) and breath control (*pranayama*), as well as symbolic hand gestures known as *mudras*, which are said to influence the flow of energy in the body and mind, and various self-purification techniques known as *kriyas*. Additionally, many *tantric* and *hatha* traditions shared a belief in subtle energy systems—including *nadis* (energy channels) and *chakras* (energy centers)—whose activation was thought to facilitate spiritual awakening.

Though many interpret '*hatha*' as a union of opposites—'*ha*' meaning 'sun' and '*tha*' meaning 'moon'—a more accurate translation is 'force' or 'effort', referring to the disciplined energy required to transform body and mind.

This is an important point: Unlike the other branches of yoga before it—*karma*, *jñāna*, *bhakti* and *raja*—the goal of *hatha* yoga in most cases was not spiritual liberation. While some tantric-influenced schools saw the body itself as a vehicle for liberation, traditional *hatha* yoga was primarily designed as a preparatory discipline for deeper meditative states.

Though the first written references to techniques associated with *hatha* yoga can be found in Buddhist texts from the 11th century, it is believed that the practice began to formulate several hundred years before that. It wasn't until the 15th century, however, that the first manual on *hatha* yoga—the **Hatha Yoga Pradipika**, or 'Light on Hatha Yoga'—was compiled by a sage named Svatmarama Yogin, about whom—like Patañjali before him—almost nothing is known. Though he is listed as the author, most scholars agree that the text is a synthesis of older practices, rather than his own original ideas.

In addition to listing a lineage of thirty-five previous teachers, also about whom very little, if anything, is known, the *Hatha Yoga Pradipika* discusses a range of topics—everything from the proper time and place to practice yoga to the ethical duties of the yogi.

Best known for listing eighty-four postures, the text also discusses eight breathing exercises, or *pranayamas*, and six energetic seals known as *bandhas*, all of which would become cornerstones of many modern *hatha* practices. Notably, however, the text focuses primarily on the regulation and movement of subtle energies within the body. The postures are not offered as goals in and of themselves, but rather as tools to effect a shift of one's inner state.

Along with the **Shiva Samhita** (15th century) and the **Gheranda Samhita** (17th century), both of which presented further insight on the subject—the *Hatha Yoga Pradipika* played a central role in systematizing and making the practice of *hatha* yoga more accessible to a wider audience. While rooted in *tantric* views of the body as a conduit for spiritual growth, all three texts focused on more practical methods for achieving physical health and meditative depth.

This all contributed to *hatha* yoga growing in popularity throughout India up until the early-1600's, when it began to be practiced by people from all classes, including the emperor, Akbar the Great, who is considered one of the greatest leaders in Indian history. Known for unifying the kingdoms of India through religious tolerance and the restoration of social mobility within the caste system, he was fascinated by yoga and called for Persian translations of the *Yoga Sutras* and the *Mahabharata*, among other yogic texts. He also called for a systematized study of yoga techniques, as well as verbal and visual documentation of his encounters with yogis.



Despite its early popularity and royal patronage, however, by the mid-17th century the practice began to encounter increasing resistance. As Islamic conquests spread to the north, the social and political climate in India began to change again. With a new emperor came less religious tolerance and more class division. Many urban Hindu and Muslim elites began to view yogis with derision, and for several decades in the late 1600's yogis were even persecuted.

As for whether this turn of events was due primarily to simple prejudice, or whether the yogis of the day had a hand in their own fall from grace is hard to say. There is scant evidence from that time period, but there are reports from the early 1800's that as certain yogis eventually rose again in status, some of them began to abuse their power (not unlike many of the Vedic priests who preceded them), so perhaps this was a factor in the 1600's, as well. Also, as the Hindu and Islamic cultures clashed, there are accounts of well-armed *sadhus*, traditionally considered Hindu holy men, working as mercenaries—sometimes in bands of up to 10,000—throughout the seventeenth, eighteenth and early nineteenth centuries.

Whatever the case, it seems clear that by the end of the eighteenth century, the role yogis played in society was very different than the one envisioned by Patañjali, or the *rishis* who laid the foundation before him. As Alistair Shearer writes in "The Story of Yoga":

*"Their numbers alone were cause for alarm. Contemporary chroniclers speak of over two million yogi-fakirs... a sizable percentage of the then population. Some of them crowded out temples, pilgrimage sites and public markets with their freak 'yoga' shows, harassing spectators for money, while others worked the pilgrimage routes as con-men, hustlers and footpads (highway robbers). As time went by, they gradually became more domesticated, establishing livelihoods as moneylenders, traders and property owners in all the principal towns of the Gangetic plain. Joining conventional society did nothing to endear them to the locals, however, and their bad reputation lingered doggedly on."*

As one Indian scholar put it, yogis were thought of as: "those hideous specimens of humanity who parade through our streets bedaubed with dirt and ash—frightening children and extorting money from timid and good-natured folk."\*

By all accounts, even though some of the more traditional yogic practices remained popular in various rural areas, this level of disdain toward yogis continued among the ruling class and in the cities of India throughout the British Colonial era (1757-1858) and well into the British Raj (1858-1947).

Because of this, even though the emergence of *hatha* caused yoga to flourish in medieval times in a way the classical branches never had, by the end of the 19th century its popularity was in decline—a situation that was only exacerbated by the rise of British Orientalism and the introduction of Christian perspectives, both of which viewed yoga as superstition at best, and degenerate asceticism at worst.

Even at its peak, however, *hatha* yoga was still very much in its incubation phase, with only a few disparate schools teaching eighty-four postures—if that. The number is regarded by many scholars as symbolic rather than literal. It would take an auspicious confluence of factors, as well as the influence of several gifted and charismatic teachers to help bring the practice of postures to new audiences in the west and set it on a path toward becoming—for better and worse—the most popular style of yoga in the world.

### ***The Modern Era and Beyond***

In September of 1893, the city of Chicago hosted a World's Fair to commemorate the 400th anniversary of Christopher Columbus's voyage to the Americas. Over the course of six months, from May to October, an estimated twenty-seven million people travelled from all over the world to attend the event. Among them was a thirty year-old Hindu monk named **Swami Vivekananda**, who had traveled to the United States on a mission to present Indian culture as deeper and more sophisticated than most people in the west realized. His goal was to help win new respect and rights for the Indian people, many of whom were oppressed and living in extreme poverty under British rule.

As the highly-educated and charismatic son of a successful lawyer in Calcutta's high court, Vivekananda was cultured, well-dressed and spoke elegant English. He was also blessed with a tremendous intellect and a gift for oration. So impressed were many of the people he came into contact with that soon after arriving in America he secured an invitation to be a delegate and keynote speaker at the Parliament of Religions, an event that had been organized as part of the larger World's Fair to create a global dialogue on faith.

Although it is commonly reported that Vivekananda spoke about yoga at the parliament, based on the available transcripts of his speeches from the event, it appears that this is not actually the case. Instead, he spoke mainly about the problem of religious fanaticism and the need for harmony among all faiths. He also spoke eloquently and passionately about Hinduism, introducing it to many in the west for the first time. His speeches were so well-received and attracted so much attention that Vivekananda spent the next several years lecturing throughout the United States and the United Kingdom. It was during these talks that he seems to have begun discussing yoga.

Whether he spoke about it at the event or not, however, Vivekananda's appearance at the 1893 Parliament of World Religions is generally considered to mark the beginning of yoga's modern era.

But the yoga Vivekananda talked about was not the *hatha* practice that had become popular during the early-to-middle part of the post-classical period. In fact, even though he is said to have practiced and taught some postures, Vivekananda was known for being dismissive of *hatha* yoga, calling it 'gymnastics' and 'queer breathing exercises'. Some scholars have suggested that this was likely a consequence of him growing up in a culture that still carried a negative impression of filthy con-men and hustlers who called themselves yogis in the eighteenth and early nineteenth centuries.

Instead, Vivekananda talked about the *karma*, *bhakti*, *jñana* and *raja* yogas that had emerged during the classical era. He spoke about yoga as a spiritual path, a way of realizing one's divinity through the practice of selfless service, loving devotion to a personal deity, and meditation to help calm the mind and thus overcome the influence of misguided thought and destructive attachments. He taught that yoga was a matter of philosophy as well as psychology, and that it could help people improve their mental clarity, emotional stability and overall health.

Despite his teachings, however, Vivekananda's own health was not good, and just nine years after his appearance in Chicago, he died of a brain hemorrhage at the age of thirty-nine.

This left a vacancy that was filled by an entrepreneurial young American named **Pierre** Bernard. Born in Iowa in 1875, he began teaching a version of *hatha* yoga in his early 20's that he claimed to have learned from an Indian man who had immigrated to the midwest in the 1880's, and who happened to be an accomplished *tantric* yogi.

Though he is widely credited as being the first American to introduce the philosophy and practices of both *hatha* yoga and *tantra* to the United States, Mr. Bernard became controversial for various sexual scandals and occult practices, and ultimately ended up giving yoga a bad reputation in America in the early part of the 20th century.

Meanwhile, *hatha* yoga was experiencing a renaissance in India. Sparked by advances in science and technology, teachers such as **Shri Yogendra**, as well as **Swamis Sivananda and Kuvalyananda** began doing research and conducting studies to test the medical benefits and scientific foundations of various yoga postures and breathing exercises. They made numerous discoveries that would eventually impress many Western researchers, but due to restrictive immigration policies and the upheaval of World War I, their work remained largely unknown in the West until the late 1930's, and then only by a small handful of interested parties.

In 1918, Shri Yogendra founded The Yoga Institute in Bombay, which remains to this day the oldest organized yoga center in the world. The following year he travelled to the U.S. and opened a branch of the institute in the village of Harriman, New York, about fifty miles north of Manhattan. Yogendra's presentation of a science-backed system of *asanas* helped to undo the negative image many people in the west had of yoga at the time, and in many ways it laid the foundation for the modern postural practice to take root there. But Yogendra's approach was more therapeutic and medicinal in nature, rather than exercise-based. This, coupled with the fact that he was denied entry to the U.S. when he tried to return in 1924, prevented his system from gaining widespread popularity.

In 1920, a twenty-seven year-old Hindu monk named **Paramahansa Yogananda** came to America for the first time. He had been sent by his guru on a mission to spread the teachings of yoga to the west, and over the course of the next thirty-two years he would meet with great success, establishing the Self-Realization Fellowship, an organization that

helped to introduce millions of people in the west to yoga and meditation, and which continues going strong today, with over 600 temples and mediation centers in sixty-two countries. Additionally, Yogananda's famous book, "**Autobiography of a Yogi**", is considered a yoga classic.

Similar to Vivekananda, however, while he did practice and teach some postures, Yogananda saw *hatha* yoga as "useful but not essential." Instead, he taught a form of yoga known as **kriya yoga**, which focuses on the use of meditation and various *mantras* to help practitioners achieve a state of 'God-consciousness'—that is, a state not only of inner peace, but also of harmony with one's fellow man. Thus, even though he played a major role in helping to popularize yoga in the west, many view Yogananda's legacy as being associated much more with tranquility of mind and kindness of spirit than with physical strength or flexibility.

Another notable teacher from the same time period is **Ramana Maharshi**, who was introduced to the west by Paul Brunton, a British journalist who traveled to India in the early 1930's in search of authentic yogis. Brunton's book, "**A Search in Secret India**", became a best-seller, further cementing yoga's place in the popular consciousness.

But while Sri Ramana, as he was known, is considered by many to be one of the greatest yogis and spiritual teachers of the modern era, similar to both Vivekananda and Yogananda, the yoga he taught was a form of *jñana* yoga that encouraged liberation through self-inquiry, so even though he also helped to popularize yoga in the west, his influence on postural yoga was minimal.

Arguably the teacher who has had the greatest influence on the practice of yoga was most people know it today was **Tirumalai Krishnamacharya**. A scholar and Ayurvedic physician, he claimed to have traveled as a young man to the Himalayas, where he met a legendary guru named Ramamohan Bramachari, who taught him about the Yoga Sutras and *hatha* yoga. Whether this tale is true or not is open to debate. Krishnamacharya was known to change his stories, and if there were ever any records of his teacher, they seem to have been lost to history.

What is not up for debate is that sometime around 1918, Krishnamacharya began teaching yoga himself, and continued essentially until the day he died in 1989, at age 100. By combining his knowledge of wholistic medicine with the practice of yoga, he became well-known in India not only as a teacher, but also as a healer. And by writing and lecturing extensively, as well as giving numerous demonstrations over many years, he left a legacy that spanned generations.

Though he never traveled to the west, Krishnamacharya taught several students who would go on to become very highly-regarded and influential teachers themselves, creating some of the most popular styles of yoga in the world today. For this reason, he is widely regarded as 'the father of modern yoga.' And to those who have studied extensively, he is also considered to be the one who paved the way for *hatha* yoga to evolve into what some have come to refer to either as **Body Yoga, Postural Yoga, Modern Yoga or Modern**

**Postural Yoga**, terms that refer to all *asana*-centric practices that derive from the *hatha* tradition.

Though most of his students were both Indian, male and of *brahmin* descent, the first of Krishnamacharya's disciples to bring his teaching to the west was a Russian woman named **Indra Devi**.

Born Eugenie Peterson in 1899 in what is now Latvia (formerly part of the Russian empire), Devi became fascinated with India as a teen after reading a book about yoga. After her father went missing in action during the Russian Revolution, she and her mother fled to eastern Europe, where she began working as an actress and dancer. In 1927, she finally travelled India for the first time and immediately fell in love with the country and its culture. A few months she later moved there permanently, and by 1930 she had adopted her now famous stage name and become a movie star.

In 1938, Devi asked to study with Krishnamacharya, who at first rejected her because she was both a Westerner and a woman. Devi's husband was a diplomat, however, and after using his influence with Krishnamacharya's employer, the Maharaja of Mysore, the revered guru reluctantly accepted her as his first female and first non-Indian pupil.

To his surprise, Devi turned out to be an exceptional student, and a year later when she followed her husband to China for work, Krishnamacharya encouraged her to teach yoga there, which she did, offering what are believed to be the first yoga classes ever taught in China, and eventually opening a studio in Shanghai.

After her husband died in 1946, Devi returned to India and wrote her first book, but soon made the decision to move to the United States. By 1948 she had settled in Los Angeles, where she opened the first yoga studio in America. Aided by her experience as a diplomat's wife, her charismatic personality and distinctive style (she always wore a sari), Devi quickly became successful at attracting a wide variety of students—everyone from celebrities and movie stars to businessmen, athletes, models and housewives.

Mostly, though, Devi was successful because she developed a style of practice that was appealing to many Americans in the post World War II era. By minimizing the emphasis on spirituality and focusing instead on relaxation and stress release, she presented yoga as an elixir for anxiety, as well as a beauty regimen, a health tonic and a path to staying youthful.

Some critics have suggested that Devi's approach transformed yoga from something that was meant to dissolve the ego into something that strengthened it instead, thus laying the groundwork for yoga to be seen in the mainstream culture as an image-focused fitness and wellness routine rather than a spiritual practice. But Devi's fans far outnumbered her critics, and as a result of her enthusiastic and tireless efforts, which contributed greatly to the widespread acceptance of yoga in America and beyond, and which continued until her death in 2002, she eventually became known as 'The First Lady of Yoga.'

It was due in large part to Devi's influence that yoga continued to grow in popularity in the United States throughout the 1950's and beyond. In 1961, inspired by her success, an enterprising young businessman from the Bronx named **Richard Hittleman** launched 'Yoga for Health', the world's first television show to teach yoga. Featuring an easy-to-follow presentation that focused on physical fitness and overall health, the show was an instant hit and ran for almost five years. Through his books, lectures and TV show, it is thought that Hittleman introduced more people to yoga than any other person alive at the time.

But even though yoga was becoming more popular, up until the mid-1960's it still hadn't been widely accepted as a form of exercise, as most of the postures being taught were very basic and of a more gentle, therapeutic nature.

Then in 1966, a prominent Indian teacher named **B.K.S. Iyengar**, who had been one of Krishnamacharya's star students, and who had made a name for himself by bringing yoga to Europe in the mid-1950's, published his first book, "**Light on Yoga**", which became an international bestseller. With his extraordinarily strong and flexible body, Iyengar was able to demonstrate a variety of postures the likes of which most people had never seen before—stunning arm balances, deep backbends, complex inversions and other feats of contortion that rivaled the world's greatest circus performers. In addition to inspiring a sense of awe, the book ignited a desire in many people to be able to achieve a similar level of fitness. Because of this, the notion of 'yoga as exercise' is generally considered to have begun with Mr. Iyengar.

But that was only one of many significant contributions Iyengar made to the world of yoga. In addition to popularizing the posture practice as a form of exercise, he was also the first to emphasize proper alignment, which helped students deepen their understanding of anatomy and in turn realize more of their potential. He was also one of the first, if not *the* first to film himself doing demonstrations of advanced postures. This was revolutionary, as it allowed people far and wide to see his practice in action. On top of that, he wrote several other books, including a translation of the *Yoga Sutras*, which helped to make classical yogic philosophy more accessible to a wide audience for the first time.

Perhaps most significantly, though, was Iyengar's introduction of the use of props such as blocks, blankets, bolsters, straps and even chairs. Not only did this help expand yoga's popularity even further by making certain postures safer and more accessible to people with physical limitations, it also precipitated the emergence of a whole new style of postural yoga known as **restorative yoga**, which focused on relaxation and healing.

Though Mr. Iyengar is considered to have planted the seeds of restorative yoga when he began offering relaxing sequences as a way of encouraging his students to rest between more physically demanding practices, it was one of his American students, **Judith Lasater**, who developed it into an official practice in the early '70's. A few years later, in 1975, she would also go on to become one of the founders of **Yoga Journal**, a magazine that played a key role in promoting yoga in the United States.

Just as people were beginning to see it as a form of exercise, though, yoga found itself becoming associated with the hippie and counter-culture movement of the late '60's. In 1967, The Beatles included a picture of Yogananda, as well as his two gurus, in the cover art of their seminal album, Sgt. Pepper's Lonely Hearts Club Band, and the following year they famously traveled to India to study **Transcendental Meditation** with a teacher named **Maharishi Mahesh Yogi**. This introduced many people in the west to yet another branch of yoga known as *mantra* yoga, which aims at liberation through the repetition of sacred words and phrases meant to help the practitioner transcend their ordinary thinking process and replace it with a state of pure consciousness. To some people this was a welcome revelation, but to many others the idea that one could practice yoga without doing any stretching or contorting of their bodies was confusing.

Then in 1969, another teacher from India, **Yogi Bhanan**, arrived in the United States for the first time and introduced people there to his own brand of **Kundalini Yoga**, a derivation of ancient *tantric* practices that emphasized the movement of subtle energies in the body in order to achieve Self-realization. Though Bhanan's method incorporated a few basic postures and physical movements, it focused more on chanting, breathing exercises and various meditations, which was also confusing to a lot of people. Was yoga a form of exercise or not? And since Yogi Bhanan encouraged his followers to dress only in white, many people began to wonder if practicing yoga meant joining a cult.

Finally, in the summer of 1969, a popular guru named **Swami Satchidananda** was invited to give the opening address at Woodstock, the legendary music festival in upstate New York. On the afternoon of August 15th, the fifty-five year old guru with a long white beard and an infectious smile spoke to a crowd of almost half a million young Americans, many of whom were high on cannabis and acid, and encouraged them not to fight for peace, but to find peace within themselves through the sacred power of music, and to recognize that the future of the whole world was in their hands.

For some people, the association with the free love, new-age and drug culture made yoga seem more 'groovy', but to many others it made it hard to take it seriously in any way, let alone as a form of exercise. And it certainly didn't help yoga's standing in the public eye when several women later accused both Satchidananda and Yogi Bhanan of sexual abuse.

The yoga train, however, had left the station, and despite some lingering negative associations, it also had many devotees who kept the wheels turning. In 1970, a woman named **Lilias Folan**, who had begun practicing a few years before at a local YWCA in Connecticut, began teaching on PBS television. Between her cheerful personality, her gentle approach and her encouraging instruction, the show became extremely popular, especially among women, many of whom practiced along with Lilias from their living rooms while their husbands were at work. This contributed significantly to yoga developing a reputation in the west as being a mild and feminine form of exercise.

At the same time, for those who wanted more intensity in their workouts, a teacher named **Bikram Choudury**, who had recently arrived from India, opened his first studio in Los Angeles, where practitioners were led through his signature series of twenty-six

postures in a room heated to 104 °F (40 °C), which he claimed was meant to mimic the heat of Calcutta. Bikram, as he became known, also claimed to have been a national yoga champion in India, which was later proven to be false. Despite his flamboyant and aggressive personality—or perhaps because of it—his style of yoga became extremely popular, gaining a celebrity following and eventually opening over 1,600 studios in forty countries before he, too, was accused of sexual assault by several of his students.

Meanwhile, back in the early '70's, a few of the more hard-core American yogis began traveling to India to study with a teacher named **Pattabhi Jois**, who had been another of Krishnamacharya's standout students. Jois had developed an intensely athletic style of yoga called Ashtanga, and his name had begun spreading in the west after a Belgian yogi named André van Lysebeth came to study with him in the mid-60's and subsequently wrote a book about his experience. So impressed were the Americans with Jois and his yoga method that in 1975 they invited him to come to California to teach a workshop.

As it happened, the introduction of Ashtanga yoga to the United States coincided with the fitness boom of the late 70's and early 80's, which led to many new exercise trends, including aerobics, jazzercise, and martial arts, as well as the advent of recorded workouts that people could do at home with a VCR.

With more and more people seeking healthier lifestyles, yoga's popularity continued to grow. But the options were somewhat limited. There was either the gentle style of Liliias Folan, the sweltering heat and bombast of Bikram, the white-clad 'cult' of Yogi Bhajan, the strict, alignment-focused method of Iyengar, or the intense and ultra-athletic style of Ashtanga—all of which were traditionally practiced in silence. There was also restorative yoga, and the various *mantra* and seated meditation-based practices, but they were hardly thought of as exercise.

Then in 1984, a musician and dancer named **Sharon Gannon** and her artist and cafe-owner partner, **David Life**, founded **Jivamukti Yoga** in New York City. Their style, which drew from the different lineages they had each studied, and which consisted of vigorous, free-flowing sequences of postures set to upbeat music, became very popular. Students flocked from all over the city to sweat, breathe and move together. The Jivamukti practice also incorporated chanting, however, and the study of sacred texts, and strongly encouraged veganism, all of which appealed to devotees, but was a tougher sell in the mainstream.

There were many people, though, who still liked the idea of yoga as a form of exercise, and who were looking for a style of practice that would give them a good workout without requiring them to perform advanced contortions or learn how to chant in Sanskrit. The answer came in the late 1980's, when **Beryl Bender Birch** and **Bryan Kest**, who had both been students of Pattabhi Jois, developed **Power Yoga**, a vigorous style of practice that involved a mix of flowing, creative sequences, as well as long, static-holds, and that could be set to music or done in silence, depending on the preference of the teacher.



The loose structure of Power Yoga also gave individual instructors free rein to sprinkle in as much or as little yogic philosophy as they saw fit. This enabled many teachers to create their own ‘flavor’ of practice, and the more flavors emerged the wider Power Yoga’s audience grew—and grew and grew and grew, not only throughout the United States, but also Europe, Asia, Australia, even parts of South America and Africa—until within just a few years it had become one of the most—if not *the* most—widely practiced style of yoga in the world.

The emergence of Power Yoga is significant for several reasons, not the least of which is that it marked the beginning of a transition away from a lineage-based system, where every teacher typically learned from a single master of a given style, to what is increasingly referred to as the ‘**post-lineage**’ era, in which teachers commonly study multiple styles of yoga with a variety of different teachers, and often go on to create hybrid styles of their own that incorporate elements from different lineages and/or schools. Many teachers even began incorporating elements from different movement modalities altogether, such as Pilates, interval training, gymnastics, aerobics, even Martial Arts. This has made it common for yoga studios and gyms to offer hybrid ‘yoga-lates’ and ‘cardio-sculpt’ classes, among others.

By the same token, Power Yoga made it much easier for people to become yoga teachers. With studios beginning to pop up in cities all over the world, and teacher training programs often factoring heavily into their bottom line, students no longer had to travel all the way to India to study for years with an established guru. They could simply sign up for a teacher training at their local studio, study with whichever instructor or instructors happened to be leading it, and become certified to teach yoga in as little as ten to twelve weeks. Many reasonably argue that this is nowhere near enough time for most students to learn how to teach yoga safely and effectively. And indeed, between 2001 and 2014, the National Institute of Health in the United States reported almost 30,000 yoga-related injuries seen in hospital emergency rooms, with the number of injuries increasing each year in that span.\* Of course, given that there were an estimated 21 million people practicing yoga in the U.S. by 2010, 30,000 could seem like a relatively small number (it’s less than one per-cent). But given that yoga injuries were so rare that official records of them weren’t even kept before the year 2000, it seems fair to say that one of the consequences of Power Yoga was a rise in people hurting themselves while practicing yoga.

At the same time, due largely to its rapidly expanding popularity, many scientists, doctors and researchers at various leading universities, medical schools and health institutes began conducting a variety of studies to try to understand what effect—other than occasional injury—yoga had on the mind and body. And while there is always room for further investigation, the studies that were done then and that have been done since all seem to show almost unequivocally that certain forms of modern yoga, when practiced regularly and with proper effort, attention and guidance, provide a wide range of health benefits, including:

- Stress reduction
- Reduced risk of heart disease

- Increased cognitive function
- Reduced blood pressure
- Reduced risk of hypertension
- Relief of chronic pain
- Improved bone density and muscle longevity
- Improved immune system functionality
- Improved sleep
- Improved sexual function
- Effective management of depression and anxiety
- Effective management of ADD and ADHD
- Improved overall health, sense of well-being and quality of life

Essentially, the more information that came out about yoga, the more popular it continued to become. Everyone from doctors and physical therapists to sports psychologists, health journals and international newspapers were all encouraging people to practice yoga.

And practice they did—in droves. Most estimates indicate that between 2010-2019, the number of people practicing yoga in the United States alone increased by roughly one million per year. Meanwhile, populations in Europe, Asia, Australia, and parts of The Middle East, Africa and South America all saw similar increases.

Among the many consequences of this dramatic rise in popularity was that it helped facilitate the emergence of even more new schools and styles of postural yoga, including Vinyasa Flow, Rocket, Primal, Anusara, and Hot Yoga, to name just a few. And while most of the new schools were *hatha*-based derivations of Power Yoga, other styles and branches of yoga, such as Kundalini, Bhakti and *nada*, the yoga of sound healing, all began to grow in popularity, as well, as did various meditation techniques, almost all of which are a form of *raja* yoga.

On the one hand, this growth and exposure had the effect of helping more people find a style of practice and/or a teacher that resonated with them, and that helped them to experience at least some of the benefits yoga had been shown to provide. On the other hand, with so many teachers teaching so many different styles from so many different perspectives and lineages, it became not at all uncommon for the yoga that was being taught in one studio to be completely different from—and sometimes even at odds with—the yoga that was being taught in another. And with yoga becoming so popular, it wasn't long before people began coupling it with a variety of activities and events that traditionally had no association with yoga whatsoever—everything from goat yoga and stand-up paddle board yoga to beer yoga, wine yoga, even cannabis yoga. This lack of cohesion and mixed messaging led to a fair amount of confusion among many people as to what it actually means to practice yoga.

At the same time, a new and extremely powerful force that was also exploding in popularity all around the world began to have a significant influence on how yoga was practiced, taught and perceived—namely, social media. By allowing virtually anyone

anywhere to post pictures and videos of themselves performing yoga postures, social media had the dual effect of helping yoga to flourish even more than it already had, while at the same time causing it in many ways to become even more deeply misunderstood than it already was.

For many, social media provided a new and exciting way of connecting with and learning from a global community of kindred spirits, and for some people it offered a form of inspiration that motivated them to begin a practice. At the same time, the visual emphasis on the physical aspects of the practice caused many others to think (or continue thinking) of yoga as ‘just another form of exercise’ or ‘contortion’. The seemingly endless barrage of often-highly-polished images featuring young, strong, thin, hyper-flexible and predominantly Caucasian bodies demonstrating postures that most other bodies are not capable of left many people with the impression that yoga was simply not for them—an impression that was reinforced by the many marketing campaigns from various ‘yoga apparel’ companies that were becoming increasingly ubiquitous, and that featured similar bodies in similar expressions of extreme strength and flexibility.

Furthermore, because of the relatively low bar to becoming a teacher, many students continued to be taught in ways that were either unsafe or ineffective, or both, and at least partly because of this yoga injuries continued to rise while various health maladies that yoga was in theory supposed to help with continued to persist. On top of that, due to a rise in questionable health claims and unverified teachings promoted by social media influencers, as well as an inordinate number of sexual and financial scandals involving some of modern yoga’s most prominent teachers, by 2019, even though it was at a peak of popularity, many people had begun to grow weary of yoga culture, and wary of the movement that surrounded it.

But if yoga had proven itself to be anything over the last 2,500-plus years, it had proven itself to be resilient, and perhaps one of the greatest testaments to this came in 2020 with the Covid-19 pandemic. Despite causing virtually every yoga studio in the world to close down, in many cases permanently, people did not stop practicing. Quite the opposite, in fact. With economies struggling, global tensions rising and good health—mental, physical, emotional and spiritual—in ever-greater demand, more and more people turned to yoga. According to most estimates, in the years 2020 and 2021, an average of two million more people per year either began or re-initiated a yoga practice in the United States alone, with similar increases in many other countries.

For the vast majority of these people, their only option during the pandemic was to practice online, either with live-streaming or pre-recorded classes. And though many who might be considered ‘traditionalists’ expressed (and continue to express) disapproval of this way of teaching, claiming that the only true way to teach yoga is in person, many others have found great potential in modern technology, which unlike TV allows teachers to see the people they’re instructing, and which as a consequence has enabled teachers and students all over the world to connect with and learn from each other about the ever-evolving tradition that is yoga.

Likewise, while many people lament what they consider the over-commercialization, Westernization and ‘watering-down’ of yoga, many others see great value in some of the advances that have come as a result of all the changes that have taken place in the modern era. And perhaps both sides have a case. It is true, for example, that the general lack of attention typically paid in modern yoga to classical yogic philosophy deprives students of something essential to the practice—almost like teaching people to play basketball without letting them know about dribbling. It is also true, however, that were it not for the increased popularity brought on by the ‘watered-down’ styles, we would likely not understand as much as we do about how yogic postures and breathing techniques work on a scientific level, nor would we be as clear about how and why yoga provides the benefits it provides—or at least has the potential to provide when taught and practiced properly.

As the dust continues to settle on decades of explosive growth, evolution and controversy, the yoga world finds itself at a crossroads, struggling to balance reverence for its roots with the realities of a rapidly changing, digitized and globalized world.

All of which begs the question: Where will yoga go from here? Of course, only time will tell. But if history is any indicator, there will likely be many more ups and downs and changes to come as yoga continues to evolve and adapt to meet the needs of the people who practice it, and the societies in which it’s practiced.

Indeed, in the wake of the Coronavirus pandemic, there has already been a slight shift away from some of the more aggressive forms of Power Yoga to the more relaxing practices such as Restorative and **yin yoga**, a very slow, gentle style that first emerged in the late 1980’s as a hybrid form of yoga and martial arts, and which has grown tremendously in popularity in the last few years.

Also, as more research is done and more information becomes available, more and more teachers are becoming better educated, not only about the history and philosophy of yoga, but also about how and why yoga works on a scientific level. This, in turn, has led to more emphasis being placed on these topics in yoga teacher trainings, and more awareness in general among the global yoga community of the importance of understanding these subjects.

On top of that, some teachers of postural yoga have even begun incorporating techniques from more recent mindful-movement-based modalities like **Functional Range Conditioning** (FRC) and **Kinstretch**. These practices focus on joint health and mobility and were developed at least in part to help yogis recover from injuries and/or imbalances caused by their own practice. Perhaps one day the techniques of these and other modalities may come to be thought of as their own forms of yoga—or rather, as essential components of a well-rounded and effective yoga practice. Again, only time will tell.

Last but far from least, as a result of the many scandals and stories that have emerged in recent years about various *gurus* who were once put on pedestals, but who have since been revealed to be flawed humans who in many cases acted less than ethically, and

who in some cases harmed some of their students, there has been a greater awareness among many teachers and students alike of the importance of ethics among yoga professionals. Of course, no one is perfect, but with greater awareness of the potential damage, both to individual students and communities, as well as to the reputation of yoga as a whole, many teachers have begun making efforts to avoid making the same mistakes as their predecessors.

All of that said, as the world continues transitioning to life in the post-Covid era, there has been a slight decline reported in the number of people practicing yoga, even as many studios have reopened, or opened for the first time. But yoga still remains a powerful force in the world. No doubt this is due at least in part to the fact that it's become a multi-billion dollar business, which has given many people a vested interest in its continued growth and success. But more than likely, yoga remains widely practiced because it has helped millions upon millions of people over many generations to feel better in their minds and bodies, and to live happier, healthier, more satisfying lives.

Just as no one knows where yoga ultimately came from, no one knows what will come of it, either. One thing is certain, though: The fate of yoga, for better and worse, has always been in the hands of those who practice and teach it.

As the tradition continues to evolve through new trends, scientific research and shifting cultural landscapes, it is important for teachers and practitioners alike to understand and remember that beneath yoga's myriad styles, beneath its commerce and controversies, lies an enduring essence—a practice that has always been rooted in cultivating awareness within one's self through interaction with the material world. Whether practiced as dynamic movement, quiet meditation, selfless service or spiritual study, yoga invites people to look beyond surface appearances to discover a deeper path toward greater clarity, peace and freedom.

No matter what forms yoga takes in the future, so long as teachers and practitioners continually recommit themselves to its core values—and honor its rich lineage with humility and sincerity—yoga will remain what it always has been at its heart: a profound and transformative practice for all who embrace it.

## A Note on Yoga and Religion

*“Yoga itself is not a religion, but when practiced in the right spirit, it may gradually align the practitioner with those eternal principles on which all true religion rests.”*

—Alistair Shearer, *“The Story of Yoga”*

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Yoga’s relationship to religion is frequently misunderstood. One of the consequences of this is that many people avoid yoga out of a belief that it will interfere with or go against their faith. This chapter provides context for the misunderstanding, as well as clarity around the truth of the matter.

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Many people often wonder whether yoga is a religion. Given that many yogic practices touch on themes of personal transformation and spiritual insight, this is a reasonable question. However, the general consensus is that yoga is not a religion.

Though it does share certain similarities with many religions—such as moral guidelines, ritualized practices, as well as an emphasis on inner development and faith—yoga does not require belief in, or involve the worship of any God or gods. And though it does recognize and honor the contributions of a variety of revered sages, yoga does not call for their worship either.

It is true that yoga emerged within a primarily Hindu cultural setting, and as mentioned in the previous section, its early development was influenced by Buddhist and Jain philosophies, as well. But yoga is not a part of those or any other religions.

Historically, yoga has been practiced by people of all faiths, as well as by people who do not subscribe to any particular faith at all. It is generally considered as a mind-body practice with spiritual roots that supports all faiths without requiring allegiance to any.

It is important to note, however, that while many forms of modern yoga highlight this universal, secular accessibility, classical yogic philosophy was very much based on and does indeed call for the belief in God—or at least something that might be called God—as we will discuss in the next section.

## The Cornerstones of Yogic Philosophy

*“Yoga is a continuum of theory and practice.”*

—Georg Feuerstein

....

Behind every yogic practice lies a philosophical framework that gives yoga its depth, coherence and transformative power. These foundational teachings offer maps for understanding the mind, the nature of being, the cause of suffering and the possibility of inner freedom. This chapter offers an overview of the core concepts that have shaped yoga for thousands of years, and that continue to guide its evolution in the modern era.

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Given how far yoga has grown from its roots, people often wonder if the classical teachings are even relevant to the modern practice anymore—and if so, how. The answer, as with many question about yoga, is... it depends.

In many ways, the concepts that form the philosophical foundations of classical yoga are like tools. They’re meant to help solve problems. Depending on the kind of problem a person has, certain tools are likely to be more helpful than others. Other tools may have very limited applications, or be difficult to use, or both. But the more tools a person has in their toolkit, and the more they know how to use them—in both traditional and creative ways—the more problems they are likely to be able to solve.

For teachers of yoga, cultivating an understanding of the philosophical concepts that yoga is built on, and learning to put those concepts into practice, can be of enormous benefit, both to the teachers themselves, as well as to their students.

That said, the study of yoga philosophy presents a variety of challenges. For one, the texts that contain its foundational tenets are ancient, and many of the concepts the tenets are based on are foreign to the majority of people in the modern world. On top of that, most of the texts are written in Sanskrit, which, due to complex grammar, a large number of words with no direct equivalent in other languages and many nuanced meanings that depend on context, is a notoriously difficult language to translate.

To make matters even more complicated, very little is known about the authors of any of the classical yoga texts. This not only adds to the difficulty in translating and understanding their exact meaning, it also makes it all but impossible to know exactly when or why the texts were written in the first place.

Considering all this, and considering the tendency of different people to see from different perspectives and draw different conclusions based on the same evidence, it is hardly surprising that the subject of yoga philosophy is one about which there remains a certain amount of debate. In some cases, a considerable amount.

Among yoga scholars and historians, however, there is a general consensus about what might be called “the cornerstones of yogic philosophy” — the concepts and principles that form the foundation upon which modern yoga was built.

It is worth noting that one need not believe in any of the cornerstones in order to practice yoga effectively. They are ultimately only ideas and philosophical constructs that seem to have arisen out of a desire to experience the highest state a human can experience, and to help others do the same.

As the renowned yoga scholar and teacher, Georg Feuerstein, says: “The only belief required to practice yoga is the belief that we can grow beyond our present circumstances.” Depending on the practitioner, this may involve getting stronger and/or more flexible, becoming more self-aware, healing a wound of some sort—whether physical, mental, emotional or psychological—becoming more at peace within one’s self, or growing in any number of other ways a person might grow physically, mentally, emotionally and/or spiritually.

In other words, even though classical yoga seems to have been based on a set of ancient ideas and principles aimed at helping people achieve a somewhat mysterious state often referred to as ‘enlightenment’ or ‘oneness’, the practice has long since evolved to become something that’s meant to help support a person’s growth and development on every level, and the ways it can work vary widely depending on the needs, circumstances and character of each individual practitioner.

All of that said, the first cornerstone of yoga is that it was conceived as a liberation teaching—that is, a teaching that seeks to liberate people from internal suffering by helping them understand and connect with their true nature. In many ways, the very notion of yoga was based on two foundational principles:

3. That most people live with an unconscious habit of perceiving themselves as a limited body-mind; and,
4. That this limited understanding of the Self is the root cause of all human suffering—everything from anxiety and depression to insecurity, frustration, confusion, anger and a variety of other mental and emotional afflictions.

As a liberation teaching, the practice of yoga is meant to help people not only perceive, but *experience* themselves as pure consciousness. Whether through meditation, ethical living, acts of service, philosophical inquiry and/or physical movement, it is the promise of yoga that through skillful practice we can learn to realize ourselves as inherently



and inwardly free, and that as a result we can live more peacefully, with a greater sense of meaning, fulfillment and well-being.

From this primary cornerstone, the foundation of yogic philosophy expands in essentially two different directions. On one side is the path as laid out by the *Bhagavad Gita*, on the other is the path as laid out in the *Yoga Sutras*. Both texts contain deep, multifaceted teachings that have inspired centuries of practice. And while certain concepts are common to both texts, they are presented in very different ways.

Rather than a comprehensive analysis, which is beyond the scope of this study guide, the following section is meant to offer an overview of the key concepts of each text, and highlight their relevance to the modern practice.

### **The Bhagavad Gita**

On one hand, the *Bhagavad Gita* is widely considered a classic of world literature. Underneath its narrative structure and poetic language, however, it is essentially a manual for navigating the human experience. The aim of the text is nothing less than to help people free themselves from whatever fears, doubts, habits, attachments, aversions, insecurities and/or misapprehensions that cause them to suffer in one way or another.

At the core of the *Gita* is the notion that the human soul is both immortal and divine, that though our bodies may live and die, our true Self remains, as Krishna tells Arjuna: “Unborn, eternal, immutable, immemorial.” (verse II.20)

Central to the *Gita*’s teaching is the concept of *maya*, the force of nature that causes us to perceive what is ultimately one reality as a world of innumerable separate things. Often misinterpreted as “the world of illusion,” as if to suggest that material reality itself is an illusion, *maya* is more accurately understood as “the power of illusion” that causes us to misperceive reality—that is, to see and experience ourselves as separate from everyone and everything rather than as interconnected parts of a larger whole.

The premise of the *Gita* is that freedom from suffering lies in learning to overcome the power of *maya* and align both our thoughts and actions with the reality of our divine, interconnected nature.

The way to do this, it says, is through yoga, which the *Gita* describes as a practice for achieving awareness of the unity of life.

As mentioned previously, the *Gita* discusses four paths of yoga:

- ***Jñāna yoga*** - The contemplative path of spiritual wisdom, meant to help people realize the true nature of the Self through study and knowledge;

- **Karma yoga** - The active path of selfless service, meant to help people free themselves from suffering by being of service to others;
- **Raja yoga** - The path of meditation, meant to help people realize their true nature by disciplining the mind in order to free it from delusion; and,
- **Bhakti yoga** - The path of devotion, meant to help people live an exalted life by surrendering the ego and cultivating a sense of loving devotion to the divine.

Though each path is distinct, and though Krishna tells Arjuna at different points that one path is better than another, he is ultimately clear that they are all interconnected and lead to the same goal of Self-realization:

*“Still your mind in me, still your intellect in me, and without doubt you will be united with me forever. If you cannot still your mind in me, learn to do so through the regular practice of meditation. If you lack the will for such self-discipline, engage yourself in my work, for selfless service can lead you at last to complete fulfillment. If you are unable to do even this, surrender yourself to me, disciplining yourself and renouncing the results of all your actions.”*

—Bhagavad Gita (12.8-11)

This comment from Krishna touches on one of the most important concepts in the *Gita*, that of **nishkama karma**, or performing actions without selfish desire and without attachment to the outcome.

The word **karma** itself means “action” or “deed.” Though commonly misunderstood by many people, especially in the west, as a belief in punishment for ‘bad’ deeds or reward for ‘good’ ones, it simply refers to the law of cause and effect.

The *Gita* teaches that our circumstances are created by the actions we take, and that the actions we take are determined—whether consciously or not—by the thoughts we have. It also teaches that selfish desires are the primary cause of actions that lead to suffering. For this reason, it encourages us to renounce our attachment to selfish desires and perform *nishkama karma*, i.e., action that does not lead to suffering and that aids in spiritual growth.

## **Dharma**

Another concept central to the *Gita* is **dharma**, which is commonly translated simply as “duty.” But while this is not wrong, it only scratches the surface of the full meaning of the word.

Derived from the Sanskrit root ‘*dhr*’, meaning ‘to hold’ or ‘to support’, *dharma* refers both to the laws of nature that create the cosmic order, as well as to the moral responsibilities each individual bears to uphold that order.

A person's *dharma* is said to depend on their role in society, inherent nature and circumstances. For example, the *dharma* of a soldier is to protect, whereas the *dharma* of a farmer is to provide nourishment. Each role has its benefits, as well as its challenges.

Though some people may wish for the benefits of a given role, or try to turn away from the challenges of another, the theory of *dharma* holds that to deny one's duty will inevitably lead to suffering, both for the individual, as well as for society in general. For this reason, the *Gita* encourages people to act in accordance with their own personal *dharma* regardless of its challenges.

## The *Gunas*

One more concept that is important to understanding, as well as implementing the teachings of the *Gita* is that of the *gunas*. Often described as a "field of forces" or the "essential qualities of nature," the concept of the *gunas* is difficult to translate, as it is unique to Sankhya philosophy and has no equivalent in English, or any other language for that matter.

The word *guna* means "strand", as in a thread or fiber that's woven with others to hold together some larger tapestry or net. Just as all colors are made up of some combination of the primary colors, Sankhya considers all physical phenomena—including our thoughts and emotions, even our personality—to be made up of some combination of the three *gunas*, which, loosely defined, are:

- ***Rajas*** - The quality of energy, passion or activity;
- ***Tamas*** - The quality of darkness, solidity, heaviness or inertia;
- ***Sattva*** - The quality of lightness, purity or harmony.

At any given moment, for any given phenomena, one of the *gunas* is always considered to be more predominant than the others, but that can always change. For example, a piece of steel is comprised predominately of *tamasic* energy—heavy, solid—whereas a rushing river is comprised mostly of *rajasic* energy—wild, chaotic—but if you add enough heat to the steel it will eventually start to liquefy and become more *rajasic*; and if you add enough cold to the river it will eventually freeze and become more *tamasic*. Or if you add enough heat to the river it will eventually vaporize and become more *sattvic*.

Similar with personality and behavior, someone under the influence of too much *rajas* may become greedy and reckless, whereas someone under the influence of too much *tamas* may become indifferent and careless. With proper guidance and effort, however, either person can become more *sattvic*, i.e., more calm, conscious and thoughtful.

It is often taught that the goal of yoga is to help us balance the *gunas* in our minds and bodies in order to become more *sattvic* in our attitudes and behavior. But while a *sattvic* state generally leads to more peace of mind and selfless action than a *tamasic* or

*rajasic* one, the *Gita* teaches that the cause of selfish desire lies in our attachment to the influence of the *gunas*—even *sattva*—and that the path to liberation lies in learning to realize the Self as the unchanging observer of their ever-shifting fluctuations.

## ***Shraddha***

One final concept that is essential to understand and live the teachings of the *Gita*: ***shraddha***. Commonly translated as “faith”, its literal meaning is “that which is placed in the heart.”

In essence, *shraddha* is the fuel that powers our existence. It is what causes us either to be kind, loving, generous and to fight for what we believe in no matter the consequences, or to be careless, arrogant, greedy and resigned in the face of adversity. As Eknath Easwaran writes in the introduction to his translation of the *Gita*:

*“Right shraddha’... is faith in spiritual laws, in the unity of life, the presence of divinity in every person, the essentially spiritual nature of the human being. ‘Wrong shraddha’ is not necessarily morally wrong, merely ignorant. It means believing that there is no more to life than physical existence, that the human being is only a biochemical entity, that happiness can be got by pursuing private interests and ignoring the rest of life.”*

Given the considerable power of *maya* to mask our true nature, as well as the equally formidable influence of the *gunas* to scatter and confuse our minds, ‘right’ *shraddha* is an indispensable ingredient to success in any practice of yoga, according to the *Gita*.

As for people who possess ‘wrong’ *shraddha*, the *Gita* is clear that *shraddha* is not fixed. It can change, and so long as people grow tired of suffering and remain open to letting their ways of thinking, believing and being evolve, it will.

## **Summary**

The *Bhagavad Gita* is the first known text to present yoga as a way of life. By encouraging us to learn to see the divine in every living creature and to pay attention to the consequences of both our thoughts as well as our actions, it empowers us to live a purposeful life, to fulfill our duties selflessly, and to have faith in our practice.

## **The Yoga Sutras**

Despite being roughly one-fifth the length of the *Bhagavad Gita*, the *Yoga Sutras* are in many ways a much denser text. They discuss a wide range of ideas and present a vast amount of information in relatively few words. This can make them difficult to comprehend when read from beginning to end. Taken in segments, however, they tend to become much more accessible.

At the core of the Sutras are the concepts of **purusha**, that which perceives, and **prakriti**, that which can be perceived. As mentioned previously, *purusha* refers to our consciousness, which is equated in yogic philosophy with our soul, while *prakriti* refers to all perceivable reality, including our mind, thoughts and feelings.

The *Yoga Sutras* are divided into four *padas*, which literally means “feet,” but is commonly translated in relation to the Sutras as “chapters.”

In the first *pada*, Patañjali discusses the concept of **samadhi**, a state of focused attention, or meditative absorption, in which the mind becomes so still and clear that the practitioner experiences *purusha* free from the influence of *prakriti*, and consequently experiences unity with what is often referred to as the divine or ultimate reality. *Samadhi* is a means of achieving this state, which is often referred to as enlightenment or oneness.

What *samadhi* looks like—or feels like—in practice is difficult to say. Some have suggested that it's the equivalent of the state some athletes describe as being “in the zone,” or what a musician might experience when he or she becomes “one with their instrument.” Others have suggested that *samadhi* is ultimately a state of undistracted awareness that anyone can achieve simply by distinguishing *purusha* from *prakriti*.

Whatever the case, there can be no question that *samadhi* is an important concept in classical yoga philosophy. But while the exact meaning of the word is hard to know, the *Yoga Sutras* are more clear about how to achieve it.

After defining yoga in sutra I.2 as *citta vritti nirodhah*, i.e., “the ability to calm the fluctuations of the mind”, and listing the fluctuations as “cognition”, “misapprehension”, “imagination”, “deep sleep” and “memory,” Patañjali then goes on to say in sutra I.12 that we can arrive at a state of yoga through **abhyasa** and **vairagya**.

*Abhyasa* is commonly defined simply as “practice”, however this definition, while not wrong, is incomplete. *Abhyasa* refers to the *correct* practice for a given individual on a given day. This implies that there are multiple ways to practice yoga, and that different ways will be appropriate for different people on different days.

Likewise, the common definition of *vairagya* as “non-attachment” is also not wrong, but it is incomplete. Similar to the concept of *nishkama karma* in the *Bhagavad Gita*, *vairagya* refers to non-attachment from selfish desires.

It is important to understand that *vairagya* is not about suppression of feelings or unhealthy desires, nor is it about renunciation of the material world. Rather, it is about cultivating an attitude of impartiality toward the transient nature of all physical phenomena, including our thoughts and feelings. It is an inner quality meant to help people live a life of peace and contentment as a result of focusing on spiritual growth rather than getting caught up in the distractions of the material world and the ups and downs of everyday life.

Notably, the sutras assert that success in yoga requires both *abhyasa* and *vairagya*. This would seem to imply that neither practice without detachment, nor detachment without practice will suffice. And while it could be said that *vairagya* is a practice in and of itself, Patañjali goes on to list a variety of other practices in the first chapter that are meant to help the practitioner experience *samadhi*.

### ***Ishvarapranidana***

Sutra I.23 introduces the concept of ***Ishvarapranidana***, which is commonly translated as “surrender to the divine” or “devotion to God.” Similar to the commonly accepted definitions of *abhyasa* and *vairagya*, however, while not wrong, per se, these definitions of *Ishvarapranidana* are incomplete. What does it mean in practice, after all, to surrender to the divine or to devote one’s self to God?

Considering that Patañjali devotes a full seven sutras to discussing *Ishvarapranidana*—far more than any other concept in the text—it is the consensus among virtually all yoga scholars that this is one of the most important concepts in the *Yoga Sutas*. Given that, it seems reasonable to try to understand its meaning in a more practical sense.

As Alistair Shearer writes in *The Story of Yoga*: “*Ishvara* implies, above all, mastery. The other half of the compound, *pranidhana*, connotes devotion in the sense of ‘application; endeavour; commitment to, or focusing the attention on, something’, rather than the more usual emotional meaning of the word. In other words, the surrender brought about by the practice of *ishvarapranidhana* is not so much the cultivation of religious sentiment, but the progressive letting go of grosser levels of mental experience and a corresponding absorption into the depths of *samadhi*, the causal levels of the mind.”

What this means, then, is that each practitioner must come to his or her own understanding of how to practice *Ishvarapranidana*. Depending on one’s cultural and/or religious background, different people may find it useful to conceptualize *Ishvara* as a higher power, one’s highest Self, the ultimate cause of creation, the power of nature, or something personal to them.

Given the many possibilities, different people may practice *Ishvarapranidana* either by praying, by chanting the sound of *om*, by practicing gratitude, by honoring the values in their moment-to-moment decision making that they believe support their highest potential, or simply by accepting reality as it is, among other possibilities.

Ultimately, what matters most is not how a person practices *Ishvarapranidana*, but whether or not that practice helps them advance toward a state of yoga. For most practitioners, the guidance of a skilled teacher in this domain is all but essential.

### **The *Antaraya***

Before listing any other practices, Patañjali seems to acknowledge that achieving *samadhi* through the practice of *Ishvarapranidana* alone is, at least for most people, easier

said than done. In sutra I.30 he lists the **antaraya**, the nine inner obstacles or disturbances that are likely to impede one's progress, or even derail it altogether. Depending on the translation, the obstacles are:

1. Illness
2. Apathy or mental dullness
3. Doubt
4. Carelessness or lack of foresight
5. Laziness
6. Lack of detachment or overindulgence
7. Misapprehension or delusion
8. Lack of perseverance
9. Inability to maintain focus

At the same time, Patañjali also seems to acknowledge that because of the often distracted and unreliable nature of our own minds, we may not always be aware of the obstacles when they're acting on us. Accordingly, in Sutra I.31 he lists the four symptoms that indicate one or more of the obstacles are present. They are:

1. Pain, suffering or mental discomfort
2. Negative thinking or despair
3. Restlessness or the inability to be at ease in different body postures
4. Difficulty controlling one's breath

Essentially, with these two sutras (I.30-31), Patañjali seems to be saying that if we are experiencing any of the symptoms, we can be sure that our efforts to achieve a state of yoga are being hindered by one or more of the obstacles. And though he does not say it explicitly, he also seems to imply that as long as we have enough presence of mind to recognize the symptoms when they are present, we should then select an appropriate practice to help overcome their influence. Likewise, he seems to imply that practicing yoga helps to cultivate self-awareness, thus the more we practice the more attuned we inevitably become to both the symptoms, as well as the obstacles that cause them.

It is worth noting that sutra 1.31 is where Patañjali first mentions the concept of **dukha**, or "suffering." Literally, "a bad axle hole," and thus conjuring the sense of a cart or a vehicle that's sort of hobbling along, *dukha* refers to any feelings of mental or emotional anguish that prevent us from being content and/or at peace within ourselves.

The opposite of *dukha* is **sukha**, or "sweetness," though it is also translated as "ease", "bliss", "comfort", "joy" or "inner peace." It is generally considered that the purpose of yoga practice is to help us decrease *dukha* and increase *sukha*.

### ***Ekagrata***

After discussing the *antaraya* and their symptoms, Patañjali then goes on to list several other practices that may prove more effective for some people in achieving *samadhi* than *Ishvarapranidana*. The first is ***ekagrata***, or single-pointed focus.

Though the *Yoga Sutras* do not use the actual term *ekagrata*, Patañjali refers to the concept in sutra I.32, which encourages the practice of fixing the mind on a single object in order to overcome the *antaraya*.

The notion of *ekagrata* is considered central not only to the *Yoga Sutras*, but to the practice of yoga in general. The idea of calming the mind by focusing it on an object—whether it be the breath, a mantra, an exercise, or quite literally anything else—is at the heart of virtually all schools and styles of yoga.

### The *Brahmavihara*

Though he does not state it explicitly, Patañjali again seems to acknowledge that like *Ishvarapranidana*, *ekagrata* may also not work for everyone. For those who struggle to surrender to the divine or focus their mind on a single object, he then offers third practice in sutra I.33, a set of four virtues known in Buddhism as the ***Brahmavihara***. They are:

1. ***Maitri*** - Friendliness or loving-kindness
2. ***Karuna*** - Compassion
3. ***Mudita*** - Encouragement or appreciative joy
4. ***Upeksha*** - Impartiality

While some scholars do not consider the *Brahmavihara* to be a practice in the strictest sense of the word, they are without a doubt virtues that can be put into practice in every day life.

By making efforts to be friendly, to have compassion for those who are suffering, to encourage and delight in the success of others without envy or desire for personal gain, and to be non-judgmental toward the faults and imperfections of others, the *Brahmavihara* are meant to help the practitioner cultivate a sense of mental and emotional peace within through the cultivation of love and goodwill toward all.

### Other Practices

In addition to *Ishvarapranidana*, *ekagrata* and the *Brahmavihara*, Patañjali lists several other practices in the first *pada* meant to help practitioners achieve *samadhi*. They include:

1. Breathing exercises with an emphasis on extended exhalations (sutra I.34)
2. Inquiry into the role of the senses (sutra I.35)
3. Focusing on the absence of pain and/or the nature of one's own soul (sutra I.36)



4. Focusing on having no desires at all and/or no objects of the senses, or depending on the translation, contemplating and/or seeking out the council of wise people who have overcome obstacles similar to our own (sutra I.37)
5. Inquiry into our dreams (sutra I.38)
6. Focusing the mind on any object of interest (sutra I.39)

The variety of ways in which different people might engage with these practices is virtually infinite. Most significant, though, is that they all emphasize mental over physical activity. Even the first one—breathing exercises with an emphasis on extended exhalations—is ultimately an exercise in concentration.

Whether it be *Ishvarapranidana*, *ekagrata*, the *Brahmavihara* or any of the other methods he mentions, Patañjali is clear that the ultimate goal of all yogic practices is to help the practitioner focus and calm the mind in order to distinguish *purusha* from *prakriti*.

According to most yoga scholars and historians, Patañjali's main premise, then, in the first *pada* of the Yoga Sutras can be summarized as:

- The more we practice in a way that aligns with the principles of *abhyasa* and *vairagya*, the more calm our minds will become;
- The calmer our minds become, the more clearly we are likely to perceive reality;
- The more clearly we perceive reality the more likely we are to experience *samadhi*, and thus realize our Self, our true nature, as pure consciousness.

Note that Patañjali does not guarantee that correct practice will lead to *samadhi*, only that it will make it more likely.

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The second *pada* of the *Yoga Sutras* focuses on the concept of ***sadhana***. Literally, “a means of accomplishing something” or “a method for attaining a goal”, *sadhana* refers to an individual's personal spiritual practice.

In this chapter, Patañjali presents the components of an effective yoga practice. Some scholars hold that he actually presents two different methods, or paths of practice, while others hold that he presents a variety of philosophical concepts as components of a single path. It is not clear which point of view is accurate.

Either way, the first concept Patañjali presents in sutra 2.1 is ***kriya yoga***, commonly translated as “the yoga of action” or “the path of action.” It has three components:

1. ***Tapas*** - from the root ‘tap’ meaning ‘to heat’ or ‘to burn’, *tapas* refers to the idea of burning away impurities through the cultivation of discipline and focused effort. Sometimes referred to as “the fire of alchemical transformation”, *tapas* conveys the idea of a burning desire to purify the mind, body and spirit in order to achieve Self-realization.

2. ***Svadhyaya*** - literally ‘self-study’, *svadhaya* consists of self-reflection through meditation, study of sacred texts—i.e., texts that are meant to help us see ourselves more clearly—or consultation with a qualified teacher.
3. ***Ishvarapranidana*** - “surrender to the divine” or “devotion to God”, as previously noted.

Essentially, *kriya yoga* aims to help the practitioner reach *samadhi* through the cultivation of a healthy body and mind, the development of our capacity for self-examination, as well as the encouragement of both uplifted action and graceful acceptance of things that are beyond our control.

In sutra 2.2, Patañjali tells us that the practice of *kriya yoga* is meant to help weaken the ***kleshas***, the obstacles to clear perception, also commonly referred to as the afflictions that plague the mind.

Then in sutra 2.3, he lists the five *kleshas*. Depending on the translation, they are:

1. ***Avidya*** - Ignorance or misapprehension
2. ***Asmita*** - Ego consciousness or confused values
3. ***Raga*** - Unhealthy or excessive attachment to pleasure
4. ***Dvesha*** - Unreasonable or unhealthy aversion to pain or discomfort
5. ***Abhinivesha*** - Insecurity, anxiety or fear of death

The next several sutras (2.4-10) go into more detail about each of the *kleshas*.

*Avidya* refers to the tendency most people have to identify themselves with their body, name, nationality, religion, political party, job title, etc. According to yogic philosophy, these things are all external to who and what we truly are, i.e. our true nature. This misidentification or lack of spiritual knowledge is *avidya*. It is considered the root cause of the other *kleshas*.

*Asmita* refers to the identification of the self with the activity of the mind, which tends to function ego-centrally. This can lead to various forms of suffering—from feelings of stress and/or emotional distress as a result of overthinking and/or believing ourselves to be correct about something when in fact we’re wrong, to feelings of either inadequacy or superiority as a result of comparing ourselves with others, either physically, mentally or otherwise. According to yogic philosophy, whether we see ourselves as better or worse than someone else, ultimately we are seeing ourselves as separate from them, which fosters a sense of alienation that can often lead to feelings of loneliness, cynicism and despair.

*Raga* refers to the tendency to crave experiences that we believe will bring us happiness and/or pleasure. This can manifest in many forms—wanting to eat a certain food or consume a certain substance, wanting to possess a certain object or go on a certain trip, wanting to achieve a certain goal or have relations with a certain person or group of people,

etc. According to yogic philosophy, it is not the desire for the experience that causes suffering. It is the belief that our happiness depends on it.

*Dvesha* is generally considered to be the opposite of *raga*. It refers to the tendency to want to avoid experiences that we believe will cause us suffering when in fact they are either benign or may even be good for us.

*Abhinivesha* has several meanings. In simplest terms, it is the fear of death. On a more subtle level, it refers to the fear of having our life upended, either by illness, the end of a relationship, the death of a loved one, the loss of a job or the disruption caused by a natural disaster, etc. In each case, *abhinivesha* is the feeling of anxiety that accompanies these fears. It is said to afflict even the wisest of people and is generally considered the hardest obstacle to overcome.

The *kleshas* are considered to be the root cause of all human suffering (*dukha*). According to yogic philosophy then, anytime a person is suffering it is ultimately because they are under the influence of one or more of the *kleshas*.

In sutra 2.11, Patañjali says that the way to overcome the influence of the *kleshas* is through *dhyana*, or meditation. He goes into more detail about this later in the same chapter.

Sutras 2.12-15 have been interpreted in various ways by different translators, but the general consensus is that they discuss the concepts of *karma* and *samskara*.

*Karma* has the same meaning in the *Yoga Sutras* as it does in the *Bhagavad Gita*, i.e. “action.” Where the *Sutras* differ is in their suggestion that whether we experience the consequences of our own or someone else’s actions as ‘good’ or ‘bad’ depends on our *samskaras*, or mental conditioning.

The word *samskara* means “impression.” It refers to the imprints that various experiences leave in our minds. Unlike memories, *samskaras* are not the record of the events themselves, but rather the beliefs and subsequent behavior patterns that form as a result of different events.

For example, if someone has a series of bad relationships, they may come to the conclusion that love is painful and/or not worth pursuing, and as a result they may choose to remain single. For some people, this may lead to a sense of liberation and happiness, for others it may lead to feelings of loneliness and disappointment.

*Samskaras* can be positive or negative, meaning they can help us to grow and move toward our goals, or they can limit us and cause us to suffer. They can also be conscious or unconscious. Generally speaking, it is the negative, unconscious *samskaras* that tend to cause the most suffering. Because of this, it is often said that one of the primary goals of all authentic yoga practices is to help us become more aware of our *samskaras* and, if it’s in our best interest, to replace negative ones with positive or benign ones.

Given this, one might loosely summarize sutras 2.12-15 as, “Our actions (*karma*) create impressions (*samskaras*). These impressions in turn influence our decisions—often unconsciously—which can either help us grow or lead us into patterns of suffering. Therefore, if we find ourselves suffering in any way, it is likely we’ve been conditioned to make choices that have lead to this outcome.”

Patañjali then goes on in sutra 2.16 to say that pain which is likely to occur should be anticipated and avoided. This may seem like common sense, but for many, if not most people, it is easier said than done.

Every day all over the world, people of all ages and backgrounds make choices that lead to their own suffering. Whether it be consuming food or other substances that make them sick, engaging in toxic relationships, fretting about money or politics or any number of other possibilities, Patañjali seems to indicate here that it can, and perhaps should be a part of our yoga practice to pay close attention to the choices we have to make and the outcomes that are likely to occur, and to choose actions that have the highest probability of leading to the least amount of suffering.

In sutra 2.17, Patañjali asserts that the cause of actions that cause painful effects is ultimately the inability to distinguish what perceives (*purusha*) from what is perceived (*prakriti*).

He then goes on in sutras 2.18-20 to discuss the *gunas*. In a discourse that would seem to be influenced by the *Bhagavad Gita*, he talks about the difference between material reality, which he says is temporary and ever-changing, and consciousness, which he says is eternal and unchanging.

Then in sutras 2.21-23, he states that everything that can be perceived serves but one ultimate purpose: to help us clarify the distinction between *purusha* and *prakriti*.

This concept is central to the premise of the Yoga Sutras, the notion that everything—absolutely everything we can perceive, from the ground we walk on to the sky above us, from the words other people speak and the things that happen in the world to our bodies, thoughts, feelings and everything in between—all serves to remind us that what we are is the consciousness, the *purusha*, that perceives it all.

If we can do this, Patañjali tells us we will have achieved true freedom, or *samadhi*.

As for why it can be so difficult to succeed on this path, Patañjali states in sutra 2.24 that it is because of the accumulation of *avidya*, the ignorance of our true nature that clouds our minds and causes us to make choices and repeat actions that reinforce a limited sense of self and that lead to suffering of one form or another.

Sutra 2.25 specifically states that when *avidya* is eliminated, the link between the sea and the seen is severed.

Sutras 2.26--28 then go on to assert that the primary objective of our *sadhana* should be to seek clarity in terms of recognizing what perceives from what is being perceived. Patañjali states that the attainment of such clarity is a gradual process, but that it can be achieved through regular, correct practice and the use of *viveka*, our capacity for discriminative discernment.

## The Eight-Limbs of Yoga

The second half of *pada* two (sutras 2.29-55) focuses on the concept of *ashtanga yoga*, the eight-limbs of yoga, also sometimes referred to as “the eight-limbed path.” It is important to understand that the *ashtanga* of the Yoga Sutras is different than the physical practice of *Ashtanga yoga* that was established by Patthabi Jois in the late 1940’s.

Though the physical practice of *Ashtanga Yoga* encourages the study of the eight limbs, the emphasis in that system is on the postures, whereas the eight-limbed path as listed in the *Yoga Sutras* places much more emphasis on ethical behavior and meditation.

Patañjali lists the eight limbs as:

1. **Yama** - Ethical disciplines or restraints
2. **Niyama** - Personal disciplines or restraints
3. **Asana** - Posture
4. **Pranayama** - Regulation of breath or expansion of consciousness
5. **Pratyahara** - Withdrawal of the senses
6. **Dharana** - Concentration
7. **Dhyana** - Meditation
8. **Samadhi** - Absorption or oneness

The next several sutras (2.30-45) go into further detail about the first two limbs.

*Yama*, often called “The Great Vow”, is comprised of five principles, often referred to as “the yamas”, which are meant to harmonize our relationships with other people. They are:

1. **Ahimsa** - Non-violence, often interpreted not only as “doing no harm” but also “wishing no harm”, it is meant to help us overcome the tendency toward violence inherent in human nature.
2. **Satya** - Truthfulness, not only in our words, but also in our actions, it is meant to help us overcome the tendencies toward deception and self-delusion inherent in human nature.
3. **Asteya** - Non-stealing, also sometimes referred to as non-covetousness, it is meant to help us overcome the tendency toward greed.

4. ***Brahmacharya*** - Moderation, also sometimes translated as continence, it is meant to help us overcome the tendency to squander our creative potential.
5. ***Aparigraha*** - Abstention from unnecessary possessions, also sometimes referred to simply as non-attachment, it is meant to help us overcome the tendency to clutter our lives.

There is much debate about the exact meaning and appropriate application of the principles of *yama*. For example, many people believe that *ahimsa* means that in order to practice yoga, one must be vegetarian, since being a carnivore necessarily implies violence toward animals. Meanwhile, others believe that eating animals is not only healthy and part of the circle of life, but that for some people *not* eating animals amounts to self-harm, and that *ahimsa* therefore is meant to apply only to our interactions with other people.

Likewise, many people interpret *brahmacharya* to mean celibacy, while others accept a more literal translation. '*Brahma*' refers to the creative principle of the universe, and '*charya*' conveys a sense of "moving within." Taken together, then, *brahmacharya* means "to move in accordance with the creative principle of the universe", which does not imply total celibacy, but rather proper use of our creative energies, of which sexuality is one.

As Desikachar says, "How we exhibit these qualities and how we strive for them depends inevitably on our social and cultural background, our religious beliefs, and our individual character and potential. But their representation in an individual is a reflection of the extent to which the obstacles (*kleshas*) in the mind are at work. How we behave toward others and our environment reveals our state of mind and our personalities."

Thus, how we interpret the principles of *yama* is up to each individual practitioner. Ultimately, the measure of whether or not we are applying them successfully can be determined by the quality of our relationships with other people. If we are on good terms with a wide variety of people, chances are we are interpreting and applying the principles in a useful way. If not, there's a good chance we have room for improvement in our practice.

Similar to *yama*, *niyama* is also comprised of five principles, often referred to as "the *niyamas*." Rather than other people, though, *niyama* is meant to help us harmonize our relationship with ourselves. The principles are:

1. ***Saucha*** - Cleanliness or purity.
2. ***Santosha*** - Contentment.
3. ***Tapas*** - Discipline, as previously noted.
4. ***Svadhyaya*** - Self-study, as previously noted.
5. ***Isvarapranidana*** - Surrender or devotion to God, as previously noted.

The first principle, *saucha*, is meant to encourage cleanliness not only of our body and personal environment, but also purity of our mind. This means that cleaning out a cluttered closet, or simply taking a bath when we're in need of one, can be considered just as much a practice of yoga as performing postures or doing a seated meditation.

The second principle, *santosha*, is meant to encourage the cultivation of the ability to be at peace with what we have, as well as what we don't have. It does not, however, encourage complacency. Central to the practice of yoga is the notion of working diligently toward Self-realization while at the same time not attaching to the results. In other words, finding satisfaction in the process rather than the outcome.

As for why the last three principles of *niyama* are the same as the three elements of *kriya yoga*, and whether there is any difference in their meaning in the two cases, are questions that do not seem to have clear answers. The general consensus is that they are thought to have the same meaning, and that they are repeated to emphasize their importance to all practices and paths of yoga.

### ***Pratipaksha Bhavananam***

Sutra 2.33 introduces the concept of ***pratipaksha bhavanam***, which is commonly translated either as “cultivating the opposite” or “contemplating the consequences.” In this sutra Patañjali seems to be saying not *if* but *when* negative thoughts arise—in the form of violence, anger, greed, lust or anything that might otherwise lead to suffering of one form or another—we should use our faculties of awareness and discernment either to consciously cultivate more benign or positive mental states, or reflect on the possible outcomes of actions inspired by the tendencies *yama* and *niyama* are meant to help us overcome.

Though it is not one of the eight limbs, *pratipaksha bhavanam* is a practice meant to help support our efforts to uphold *yama* and *niyama* in our daily lives, and thus advance toward a state of yoga.

### ***Asana***

Sutras 2.46-48 discuss the third limb of yoga, ***asana***, which is commonly translated as “posture” or “yoga pose”. But there is much debate as to what exactly Patañjali was referring to with this limb.

Though we can be reasonably assured that the vast array of yoga postures practiced today did not exist at the time the *Yoga Sutras* were written, we cannot be sure that none of them existed. Some scholars hold that a small number of postures probably did exist, but because the *Yoga Sutras* focus on *raja yoga*, the yoga of meditation, as opposed to *hatha yoga*, the yoga of physical practices, that Patañjali chose not to go into much detail about the practice of *asana*. Meanwhile, other scholars hold that the only postures that existed in Patañjali's time were basic seated postures for meditation, and therefore that this is what he was referring to.

The literal meaning of *asana* is “seat” or “sitting down”. It is thought to have been derived from the Sanskrit root ‘*as*’, meaning “to be”. Because of this, many scholars believe that the word originally referred to a seated posture in which a practitioner focuses on being, as opposed to doing.

Whether he was referring only to basic seated postures for meditation, or other postures, Patañjali devoted only three sutras to the subject of *asana*. Depending on the translation, he says:

- That *asana* should strike a balance between effort and ease, or with a quality of both steadiness and sweetness (sutra 2.46);
- That perfection in *asana* is achieved when there is a relaxation of effort and the mind becomes absorbed in the infinite (sutra 2.47); and,
- That through the successful practice of *asana*, the practitioner will no longer be afflicted by the dualities of life, or will be free from the disturbance of external influences (sutra 2.48).

## ***Pranayama***

The next five sutras (2.49-53) discuss the fourth limb of yoga, ***pranayama***. Like many other words in the *Yoga Sutras*, there is some debate as to the exact meaning of *pranayama*. Some scholars hold that it is a combination of ***prana***, which refers to the universal life-force or essential energy that pervades all things and that makes them what they are, and ***yama***, which means “restraint” or “discipline”. Others hold that it is a combination of *prana* and ***ayama***, which means “expansion”.

Depending on one’s perspective then, *pranayama* can mean either “discipline or restraint of *prana*” or “expansion of *prana*”. And because *prana* is considered to be contained in the breath, the word is commonly translated as “regulation of the breath” or “breathing exercises.”

Whatever the exact meaning of the word, Patañjali is clear about several aspects of *pranayama*. He says that:

- *Pranayama* consists of regulating the flow of breath, and that it can only be practiced once the practitioner is successfully established in *asana* (sutra 2.49);
- Breath is comprised of three components—inhalation, exhalation and retention—and that *pranayama* involves directing the mind into the regulation of these components (sutra 2.50);
- A fourth type of *pranayama* occurs when the movements of the mind and consciousness cease and *prana* begins to move of its own volition (sutra 2.51);



- Mastery of *pranayama* removes the veil to clear perception and leads to illumination (sutra 2.52); and,
- Mastery of *pranayama* makes the mind fit for concentration.

### ***Pratyahara***

The last two sutras of the second *pada* (2.54-55) discuss the fifth limb of yoga, ***pratyahara***, or “withdrawal of the senses.” This refers to the act of turning the attention inward toward the *purusha*. The result of this, says Patañjali, is mastery of the senses.

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The third *pada* of the *Yoga Sutras* focuses on the concept of ***siddhis***. Sometimes referred to as “supernatural or mystic powers” or “special accomplishments”, *siddhis* are unusual abilities that a person may acquire as a result of a skillful practice. Patañjali is very clear, however, that *siddhis* are not the goal of yoga. In fact, as he explains toward the end of the chapter, there is a danger that practitioners can be seduced by them and consequently become distracted from the true goal of yoga, which is Self-realization, or freedom from the influence of the afflictions that disturb the mind. In this way, the third chapter serves as a warning, of sorts, about some of the perils and pitfalls on the path of yoga.

### ***Dharana, Dhyana and Samadhi***

Before discussing the *siddhis*, however, the third chapter picks up where the second chapter left off. Sutras 3.1-3 go into a bit more detail about the last three limbs of the eight-limbed path. Depending on the translation, they say that:

- *Dharana*, or concentration, which is only possible after the senses have been mastered, is the fixing of the mind, or the binding of consciousness to a single point of focus (3.1);
- *Dhyana*, or meditation, is the steady flow of uninterrupted attention toward the single point of focus (3.2);
- *Samadhi*, union or absorption, occurs when the meditator becomes so immersed in the object of meditation that no separation is perceived between them (3.3).

### ***Samyama***

In sutra 3.4, Patañjali introduces the concept of ***samyama***, when the processes of *dharana*, *dhyana* and *samadhi* are applied to different objects of meditation. It’s important to understand that *samyama* is not a separate state of consciousness, but rather a method: the disciplined application of concentration (*dharana*), meditation (*dhyana*) and absorption (*samadhi*) on a single object, idea or activity.

According to the *Yoga Sutras*, it is through this process of *samyama* that we develop insight, awareness, and also *siddhis*.

Patañjali's explanation for how exactly this process works is somewhat esoteric, but essentially he says that by cultivating our capacity for *ekagrata*, or single-pointed focus, we gradually begin to understand the changing nature of the mind, and through this understanding, we begin to grasp the changing-yet-constant nature of all material reality.

An example that is sometimes given is that of a clay pot. At one point, the pot was soft clay. Then through a process of shaping and baking, it became hardened. And at some point it will crumble and turn to dust. But through it all, certain essential properties of the raw material never change.

A central premise of the *Yoga Sutras* is that the more we understand the relationship between that which changes and that which remains unchanged, the more we develop the ability to overwrite the negative mental imprints (*samskaras*) that cause us to perpetuate our own suffering. Consequently, the more control we learn to cultivate of our minds, the more clearly we allow our consciousness (*purusha*) to perceive, and the more clearly we perceive, the more unusual abilities (*siddhis*) we develop.

Though it is beyond the scope of this study guide to list all of the *siddhis* Patañjali mentions, a few examples are:

- *Samyama* on the process of change leads to knowledge of the past and future (sutra 3.16)
- *Samyama* on the distinction between word, meaning and idea leads to the ability to understand foreign languages (sutra 3.17)
- *Samyama* on karma leads to knowledge of one's own death (sutra 3.22)
- *Samyama* on the sun leads to knowledge of the planetary system and cosmic regions (sutra 3.26)
- *Samyama* on the navel leads to knowledge of the internal organs and their dispositions (sutra 3.29)

Many of the *siddhis* can seem far-fetched or confusing from a modern perspective, but when considered in the context of the time they were written, they often make more sense. For example, the idea that concentrating on one's navel can lead to knowledge of the internal organs might seem hard to fathom. But given what modern science has since come to understand about the link between the breath and the nervous system—a term that didn't exist in Patañjali's day—as well as the link between the nervous system and the internal organs, it is entirely possible that this sutra was Patañjali's way of explaining a phenomenon that modern science has since confirmed.

Also, certain *siddhis* may not seem all that impressive to modern ways of thinking, but when considered in the context of the time they were written, they tend to invite deeper reflection. For example, “knowledge of the planetary system and cosmic regions” may seem somewhat mundane given the easy access most people have to modern science. But considering the sutras were written more than 1,000 years before Copernicus or Galileo ever walked the Earth, it is not hard to understand why they continue to intrigue scholars to this day.

Whether or not the *siddhis* make sense to us today, as far as modern yoga is concerned, the important thing to understand is that the practice of postures is a form of *samyama* in and of itself. By focusing the attention on the act of linking breath with movement and feeling deeply into the body, we are engaging in a process of single-pointed focus that holds the potential for a variety of abilities that are becoming increasingly unusual in the modern world: Good physical and mental health, low stress, a positive outlook, emotional stability and peace of mind, to name a few.

But as Patañjali reminds us in the final sutras of this chapter, the attainment of such abilities can breed arrogance and thus become a distraction from the actual goal of Self-realization. On that note, he closes the third *pada* with an encouragement to remain non-attached to the *siddhis* and focused on the ultimate goal of yoga, i.e. inner freedom.

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The fourth and final chapter of the *Yoga Sūtras* focuses on the concept of *kaivalya*, or absolute freedom. It is generally considered the most complex of the four *padas*, and is consequently the most difficult to understand. There are a variety of interpretations, both as to the specifics of many of the individual sutras, as well as to the overall message of the chapter as a whole.

That said, it is widely agreed that the *Sūtras* consider *kaivalya* to be the ultimate goal of yoga. Often translated as “isolation”, *kaivalya* refers not to solitude in the social sense, but rather to a profound state of inner freedom—freedom from the fluctuations of the mind, the misidentification with the ego or body, as well as the influence of the senses. It is an abiding state of pure awareness in which the *purusha* recognizes itself as distinct from *prakriti*.

Unlike the previous chapters, which honed in on the tools and obstacles to practice, the fourth *pada* zooms out to describe what happens when those tools have been implemented properly and the obstacles removed. The emphasis shifts from effort to divine revelation. As sutra 4.3 says:

*“The cause of creation does not cause nature’s potential to manifest, but rather only helps to remove the obstacles to its evolution, just as a farmer pierces the barriers between his fields in order to allow water to flow where it is needed.”*

Essentially what this sutra is saying is that there is an ultimate cause of creation, and though scholars debate what exactly Patañjali considers that cause to be, they generally agree that he's saying that cause is not responsible for the way events unfold. It merely sets things in motion, and leaves the rest to us.

As far as the practice of yoga is concerned, this means that we all have a potential, individually and collectively, and though we cannot force our highest potential to manifest, we can remove any obstacles to its realization, and thus create the conditions for it to express itself fully, just as a farmer cannot make his or her crops grow, but can remove any impediments that might prevent them from receiving the proper water and light in order to give them the best chance to flourish.

In many ways, this one sutra seems to contain the essence of what the fourth *pada* is all about—how *kaivalya* ultimately emerges not by force, but by removing whatever stands in the way of our spiritual growth. Because of the complexity of many of the sutras, however, as well as the difficulty in translating certain words and concepts, interpretations vary. Some commentators hold that the fourth *pada* is ultimately about the things that become possible for yogis who have learned to control their minds, while others interpret it as guidance for how yogis, having realized the Self, might be of service in the world.

Whatever Patañjali's true intention, there is no doubt that the fourth *pada* presents further discussion of many of the concepts from the previous three chapters. For example, where the first *pada* discusses the mind (*citta*) and its fluctuations (*vrittis*), the fourth *pada* clarifies that the mind is neither the true self nor the source of consciousness, but rather a tool meant to help reflect *purusha*'s light. When purified, the mind serves as a mirror for *purusha*, but when clouded by *samskaras* it distorts reality.

Patañjali even suggests in sutra IV.4 that a single consciousness may produce multiple minds, each with their own ego, *karma* and *samskaras*. This points toward the philosophical notion that individuality itself is an illusion sustained by memory and perception, not essence.

Furthermore, where the second *pada* introduces the concepts of *karma* and *samskara*, the fourth *pada* offers a more in depth discussion of how *karma* creates conditioned tendencies stored in the unconscious, and how *kaivalya* happens when we cease to identify with these patterns.

Finally, where the third *pada* explained *siddhis* as byproducts of *samyama*, the fourth *pada* offers further clarification that some *siddhis* are innate or karmically inherited while others arise through the use of herbs or *mantras*, but none should be confused with *kaivalya*. In fact, they can be an obstacle to it.

In the end, the fourth *pada* offers a kind of spiritual epilogue. It reminds us that yoga is not about adding powers or distinguishing ourselves as different than others, but rather uncovering our true essence. Even as we approach *kaivalya*, the fourth *pada* encourages continued practice, not to gain more, but to let go of subtle clinging. It affirms that true

freedom is not something we acquire, but something we recognize once the veils have been lifted; something we experience not by escaping reality, but in finally seeing it clearly.

## Human Anatomy & Physiology in the Practice of Modern Yoga

*“The human body is the most complex system ever created.  
The more we learn about it, the more appreciation  
we have about what a rich system it is.”*

—Bill Gates

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In terms of postural yoga, a meaningful and sustainable practice is built on an understanding of how the human body works. For teachers and students alike, having a basic grasp of how the postures and breathing practices interact with and affect the body's systems can help prevent injury, inform decisions about alignment, sequencing and modifications, and more effectively increase strength, flexibility, mobility and overall well-being. This chapter provides an accessible overview of the main anatomical regions and physiological processes most relevant to the practice of postural yoga.

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The practice of postural yoga aims to help practitioners achieve an abiding state of both physical and mental well-being through a process of mindful movement and intentional exploration of the human mind-body connection. Though the classical aims of inner freedom, Self-realization, *samadhi* and/or *kaivalya* are generally not considered to be the primary goals of most modern yoga practices, they are possible outcomes, depending on the way the practice is taught.

When practiced properly, postural yoga has been shown to provide a wide variety of benefits, including:

- Mental calm/reduced stress
- Improved functional movement
- Increased strength and flexibility
- Reduced risk of cardiovascular disease
- Reduced cholesterol
- Reduced risk of heart disease
- Reduced inflammation
- Easing of chronic pain
- Effective management of anxiety and depression
- Effective management of PTSD
- Effective management of asthma

- Improved cognitive function
- Improved immune function
- Improved digestion
- Improved quality of sleep
- Improved bone density
- Improved sexual function
- Higher reported overall quality of life

When practiced improperly, however, postural yoga can lead to physical injury and/or mental distress. But while at least some, if not most of the responsibility for this lies with the individual practitioner, generally speaking the more knowledgeable and experienced an instructor, the less likely students are to injure themselves or experience adverse consequences, and the more likely they are to experience benefits.

Given the emphasis of postural yoga on physical movement, it only stands to reason that the more teachers understand about how the human body functions on a musculoskeletal level, the more competently and effectively they will be able to guide their students in their practice.

## Human Anatomy 101

The underlying structure of the human body is the **skeleton**, which is made of **bones**. The bones of the skeleton are held together by **ligaments**, as well as **muscles** and **tendons**. In general, ligaments connect bones to other bones, and tendons connect muscles to bones. In many parts of the body, the muscles, tendons, ligaments and bones are all encased in an additional layer of connective tissue called **fascia**.

{Diagrams of skeleton showing major bones and muscles, front and back, as well as inserts of key terms... coming soon}

## Joints and Ranges of Motion

The place where two or more bones come together is called a **joint**. If not for joints, human beings would barely be able to move. In fact, without joints it would be difficult to live at all, as breathing itself would not be possible without the various joints that allow the ribcage to expand and contract.

There are three types of joints in the human body:

1. **Fixed:** Also known as fibrous or synarthroses joints. These are joints that do not move. An example is the joints between the plates of the skull.

{diagram... coming soon}

2. **Slightly Moveable:** Also known as cartilaginous or amphiarthroses joints. These are joints that offer limited movement, for example the joints between the vertebrae of the spine.

{diagram... coming soon}

3. **Freely Moveable:** Also known as synovial or diarthroses joints. These joints contain synovial fluid, which enables the bones and ligaments that make up the joint to move smoothly. They are the most prevalent joints in the human body. Examples are the shoulders, hips, knees and elbows.

{diagram... coming soon}

While there is only one type of both fixed and slightly moveable joints, there are six types of freely moveable joints:

1. **Ball and Socket:** This type of joint allows for movement in all directions. It consists of a rounded head of one bone that sits in the cup of another bone or set of bones. Examples are the hip and shoulder joints.

{diagram... coming soon}

2. **Hinge:** This type of joint works similar to hinge on a door, allowing for movement in one primary plane. Examples include the knee and elbow joints, however it should be noted that the knee is also capable of a small degree of rotation when it is flexed.

{diagram... coming soon}

3. **Condyloid:** Also called an ellipsoidal joint, this type of joint allows angular movement in two axes. An example is the wrist joint.

{diagram... coming soon}

4. **Pivot:** Also called a rotary or trochoid joint, this type of joint allows one bone to swivel around another. An example is the joint between the radius and ulna that allow the forearm to rotate.

{diagram... coming soon}

5. **Gliding:** Also called a plane joint, this type of joint is formed by two bones with flat or nearly flat surfaces. It allows for limited gliding movement in the same plane. An example is the facet joints of the spine.

{diagram... coming soon}



6. **Saddle:** This type of joint allows movement back and forth and side to side. An example is the joint at the base of the thumb.

{diagram... coming soon}

All moveable joints are capable of expressing what is considered a typical or normal range of motion. Some joints in some people are also capable of **hyperextension**, a condition that allows the joint to move beyond what is considered typical. In some cases, the ability to hyperextend can enable a practitioner to achieve certain postures more easily than for those whose joints exhibit typical ranges of motion, but it can also make it easier for the person to injure themselves if they are not careful.

Understanding the typical ranges of motion of the spine, shoulders, hips and wrists is of particular importance in the practice of postural yoga. They are as follows:

**Spine (Cervical)**

Flexion: 80-90 degrees

Extension: ~70 degrees

Rotation: ~80 degrees

Lateral flexion (side bending): ~45 degrees

{Diagrams... coming soon}

**Spine (Thoracic)**

Flexion: 20-50 degrees

Extension: 20-50 degrees

Rotation: 35-50 degrees

Lateral flexion (side bending): ~20-45 degrees

{Diagrams... coming soon}

**Spine (Lumbar)**

Flexion: 35-55 degrees

Extension: 20-35 degrees

Rotation: 35-45 degrees

Lateral flexion (side bending): ~30 degrees

{diagrams... coming soon}

**Shoulders**

Flexion (lifting the arm forward and up): 180 degrees

Abduction or Lateral Flexion (lifting the arm to the side): 150-180 degrees

Adduction (pulling the arm across the midline): 30-50 degrees

Extension (reaching the arm backwards): 45-60 degrees

Internal Rotation: 70-90 degrees

External Rotation: 70-90 degrees

{diagrams... coming soon}

### **Hips**

Flexion (lifting the leg forward): 80-120 degrees

Extension (pulling the leg backward): 30-40 degrees

Abduction (lifting the leg away from the midline): 20-40 degrees

Adduction (pulling the leg across the midline): ~20 degrees

Internal Rotation: 30-40 degrees

External Rotation: 50-90 degrees

{diagrams... coming soon}

### **Wrists**

Flexion (pulling the hand toward the underside of the forearm): ~60

Extension (pulling the hand toward the upper side of the forearm): ~60

Radial deviation (turning the hand inward): ~20 degrees

Ulnar deviation (turning the hand outward): 20-30 degrees

{diagrams... coming soon}

It is important to understand that some yoga postures may require a greater range of motion than certain joints in a given person's body are capable of achieving safely. In other words, not all postures are for all bodies. With time and skillful practice, some people may be able to expand the range of motion that a given joint is capable of, however other people may have structural limitations that prevent certain joints from being able to move beyond a given range. Becoming familiar with different students' ranges of motion and helping them understand how to work with them is all but essential when it comes to teaching postural yoga safely and effectively.

In addition, all moveable joints have both an active and a passive range of motion. The **active range** is the degree to which a given joint can move without assistance, and the **passive range** is the degree to which a given joint can move with assistance.

For example, when lifting one leg forward (hip flexion), the active range is how high the leg can lift using only the muscles responsible for hip flexion, in this case the *iliopsoas*. The passive range is how far the leg can be moved when assisted, such as by lifting it with a hand or a strap, or by putting the foot on an elevated surface to lift the leg higher than it could otherwise go.

{diagrams... coming soon}

In general, it is considered safe to work with active ranges, and while many movements that involve passive ranges of motion are also generally safe, if a practitioner applies too much force, it can move the joint to a degree it is not capable of achieving safely, often resulting in injury. Teachers of postural yoga should be able to help their students

understand how to listen to their bodies and honor their limitations in order to work safely with passive ranges of motion.

## Muscular Contractions

Virtually all movement in the human body is created by the contraction of muscles. There are four different types of muscular contractions:

1. **Concentric:** A contraction that causes tension in the muscle as it shortens, as in doing a sit up. In this case, your *rectus abdominus* muscle would shorten to pull your rib cage toward your hips, causing your upper body to lift off the ground.

{Diagram... coming soon}

2. **Eccentric:** A contraction that causes tension in the muscle as it lengthens, as in lowering back down from a sit up. In this case, your *rectus abdominus* would lengthen to allow your upper body to lower back down to the ground.

{Diagram... coming soon}

3. **Isometric:** A contraction that causes tension in the muscle when the length remains more or less the same, as in contracting your abdominal muscles to protect yourself from the impact of a punch. In this case the muscles engage, but no movement is generated.

{Diagram... coming soon}

4. **Spasmodic:** Commonly known as a spasm or a cramp, this is when a muscle contracts uncontrollably and can't relax. They are considered common, can range in intensity from mildly uncomfortable to deeply painful and can last from a few seconds to a few minutes or longer. Other than sometimes being an indication that we've pushed a bit too hard, however, or that we're dehydrated or need to adjust ourselves somehow, spasmodic contractions are involuntary and, while they may sometimes occur during practice, they are not intentionally cultivated in yoga.

In general, concentric and eccentric contractions cause a bone or set of bones to move in relation to another bone or set of bones, resulting in motion, whereas isometric contractions hold bones in place, resulting in stabilization.

## Origins and Insertions

All muscles have at least one point of origin and at least one point of insertion. The **origin** is the attachment site that generally stays more stable during contraction, whereas

the **insertion** is the attachment site that generally moves during contraction. For example, the pectoralis major originates at the sternum and inserts along the upper inside edge of the humerus. Thus, when it contracts, it pulls the arm in toward the midline.

{Diagram... coming soon}

Many muscles have multiple points of origin and/or insertion. An example is the biceps, which has two points of origin at the shoulder and an insertion at the forearm. Thus, when the biceps contract, the shoulder tends to remain stable while the forearm moves.

{Diagram... coming soon}

### Prime Movers, Synergists and Antagonists

The muscle or group of muscles that does most, if not all of the work to create a given movement is known as the **prime mover**. For example, when pulling the shoulder blades together—i.e., performing scapular retraction—the prime mover is the middle part of the trapezius, a relatively large muscle that originates along the upper spine and inserts along the top ridge and upper part of the medial border of the shoulder blades. Thus, when the mid traps, as they're commonly called, contract concentrically, they pull the shoulder blades in toward the upper spine.

{Diagram... coming soon}

Many movements also involve **synergists**, which are muscles that help the prime mover. For example, in the case of scapular retraction, the movement is assisted by the rhomboids, a pair of smaller muscles that lie “deep” to, or underneath the mid traps, and that also originate along the upper spine and insert along the medial border of the shoulder blades. When they contract concentrically, they help to pull the shoulder blades in toward the spine.

{Diagram... coming soon}

Additionally, in most movements there is also an **antagonist**, which is the muscle or group of muscles that opposes the action of the prime mover. For example, in the case of straightening one's leg—i.e., performing knee extension—the prime mover is the quadriceps, which, generally speaking, originate along the upper part of the femur bone and insert at the patella (knee cap), which is connected by a ligament to the tibia. Thus, when the quadriceps contract concentrically, they pull the knee cap up toward the hip, which in turn pulls the tibia forward, straightening the leg.

{Diagram... coming soon}

At the same time, the antagonists to knee extension are the hamstrings, which are the prime movers of knee flexion—i.e., bending the knee. Generally speaking, the

hamstrings originate along the lower back part of the pelvis and insert along the upper back part of the tibia and fibula. Thus, when they contract concentrically, they pull the lower leg up toward the back of the thigh.

{Diagram... coming soon}

This means that in order to straighten your leg, your hamstrings have to relax as your quadriceps contract, and vice versa—in order to bend your knee your quadriceps have to relax as your hamstrings contract. This way of muscles working in pairs happens throughout the body to create a wide variety of movements.

## **Functional Movement**

Human beings are designed to move in a wide variety of ways, which in turn allows us to perform an astonishing array of activities and tasks—everything from walking and crawling to running, climbing, dancing, skipping, jumping, lifting, pulling, swimming and standing on our heads to using tools, playing instruments, typing on keyboards and driving cars, to name just a few. Being able to do both the things we need to do in order to function in our daily lives, as well as the things we love to do for the pure joy that comes from doing them—with relative ease and without pain—is known as **functional movement**, and it is one of the primary benefits of practicing postural yoga.

Many people come to postural yoga seeking to increase their flexibility and/or build strength. Though neither of these things are necessarily required in order for a practitioner to experience many of the other benefits the practice has to offer, they are indeed worthy goals where functional movement is concerned, and can often lead to the realization of additional benefits. Not only does increased flexibility and greater strength give people the ability to do things they previously couldn't, which tends to cultivate a sense of both greater confidence and enjoyment of life, it also tends to give practitioners a sense of accomplishment that often leads to further exploration of other possibilities that may exist for them through continued practice.

In order to help students increase flexibility and build strength safely and effectively, teachers must not only understand how the different parts of the human body work together to create movement, they must be able to put that understanding into practice and inspire their students to do the same.

## **Increasing Flexibility**

There is essentially one way to increase flexibility, and that is through stretching. There is, however, more than one way to stretch.

**Static Stretching** involves holding a position that causes a muscle or group of muscles to stretch to or near the limit of their current level of flexibility. An example would

be lying on your back, holding one leg up in the air with your hands and pulling it toward your chest (or face) until it becomes uncomfortable to go any further. This would result in a stretch of the hamstrings.

{Diagram... coming soon}

**Dynamic Stretching** involves moving your body in a way that causes a muscle or group of muscles to stretch to or near the limit of their current level of flexibility. An example would be kicking one leg up into the air as high as possible before bringing it back down. This would also result in a stretch of the hamstrings.

{Diagram... coming soon}

**Active Stretching** involves actively engaging the muscles that are being stretched. For example, if you were trying to do the splits, you would be stretching the hamstrings of the front leg and the hip flexors of the back leg. If you were to engage these muscles by creating the action of trying to pull your feet toward each other while simultaneously letting gravity push your hips toward the ground, that would be an active stretch.

{Diagram... coming soon}

**Passive Stretching** involves relaxing the muscles that are being stretched. For example, if you were trying to do the splits, relaxing the hamstrings of the front leg and the hip flexors of the back leg and letting gravity push your hips toward the ground would be a passive stretch of both muscles.

{Diagram... coming soon}

As far as which kind of stretching yields the best results, the current scientific data does not point to one clear answer. Given the complexities of the human body, as well as the many different factors at play in different individuals, there is likely no one-size-fits-all prescription. Furthermore, though the old adage “repetition is the key to mastery” holds true when it comes to both increasing flexibility and building strength, it is also true that the human body tends to respond well to variety, so it is likely that a mixture of techniques will likely yield the best results for most people.

That said, in general, for most people, *consistent* passive stretching at high intensity for 30 seconds per stretch tends to be the most efficient way to increase flexibility for most people. As for what is meant by “consistent”, again, there is no data that points to a clear answer, but in general, a minimum of 5 minutes total time spent stretching per muscle per week is what is needed for muscles to experience a sustained increase in flexibility. At 30 seconds per stretch, this equals ten stretches per muscle per week.

For example, if a person wanted to gain more flexibility in their hamstrings, a good way to do it would be to stretch those muscles at high intensity ten times throughout a given week and hold each stretch for 30 seconds. Given that most forms of postural yoga do

not involve ten high intensity hamstring stretches for 30 seconds each in a given class, this means that the person would most likely need to practice more than once per week in order to see results.

One exception to this general rule is yin yoga, which frequently involves holding a single stretch for 3-5 five minutes. However, yin yoga does not involve high intensity stretching. Instead it encourages gentle stretching that aims to target the connective tissue (ligaments, tendons and fascia) rather than the muscles themselves. This style of practice can be a good complement to a higher intensity practice, as it tends to help create greater flexibility and mobility in the joints more so than the muscles, which can help with overall flexibility.

All of that said, though it is true that repetition is an essential ingredient in building flexibility, there is a point of diminishing returns. In general, the more a person stretches the more flexibility they will tend to gain—until they've reached their limit. After that, more repetitions will likely lead to injury. As for how a person can know they've reached their limit, typically the body will send a pain signal.

Where it can get challenging is that an increase in flexibility will generally only happen if a given muscle is stretched to the point of discomfort. Some people have a difficult time distinguishing between discomfort—especially extreme discomfort—and pain. If a practitioner doesn't push far enough into discomfort, they will likely not see much, if any, increase in flexibility. If they push too far, however, they are likely to injure themselves. For most people, the best way to learn to distinguish between a safe amount of discomfort and a dangerous level of pain is by paying attention to the breath. In general, if a person is able to breathe smoothly, slowly and deeply, they are most likely not experiencing pain. Conversely, if a person *isn't* able to breathe smoothly, slowly and deeply, they have likely pushed too far.

In addition to the four kinds stretching listed above, there are also two specific techniques that can help to increase flexibility—Reciprocal Inhibition and PNF.

**Reciprocal Inhibition** is a naturally occurring neuromuscular phenomenon where the contraction of one muscle or group of muscles on one side of a joint causes the simultaneous relaxation of the opposing muscle or group of muscles on the other side of the joint.

For example, as mentioned earlier, when a person contracts their quadriceps to straighten their leg, the hamstrings have to relax in order to allow the knee to extend. In the vast majority of cases, this relaxation happens automatically, i.e. unconsciously, as the nervous system signals the hamstrings to relax at the appropriate time. However, we can access it consciously—in a deep stretch, for example—by intentionally strengthening our quads in order to encourage our hamstrings to relax.

{Diagram... coming soon}

**Proprioceptive Neuromuscular Facilitation**, or **PNF**, is a technique based on the principle that a muscle contracted maximally will relax maximally. Essentially, the idea is to exhaust the muscle you are intending to stretch so that it will have less resistance to offer when you stretch it. Traditionally, PNF is meant to be done with the assistance of a physiotherapist or other qualified facilitator, but there is no reason it can't be done without assistance.

{Diagram... coming soon}

## Building Strength

There is essentially only one way to make muscles stronger, and that is through resistance training—that is, engaging in activities that challenge the muscles. This can include, but is not limited to:

- Lifting weights
- Performing bodyweight exercises (push-ups, pull-ups, etc.)
- Using resistance bands
- Doing heavy manual labor (digging, chopping wood, etc.)
- Climbing stairs, hills and/or mountains
- Cycling
- Certain forms of dance
- High intensity stretching

Depending on a given person's level of fitness, certain yoga postures may or may not help to build strength. For example, for someone who is relative active and in good shape, doing five sun salutations will most likely not provide any meaningful benefits in the way of strength building. They may provide other benefits, such as mental calm and/or stress release, but not strength building.

For someone who is relatively inactive and not in good shape, however, depending on how they are performed, doing five sun salutations may indeed help to provide strengthening benefits for several muscles, including the abdominals, anterior deltoids, triceps and serratus anterior.

In other words, if someone wants to know if doing a certain posture or set of postures will help them build strength, the answer, as with so many things in yoga is, "It depends."

Furthermore, in order to see continued growth, muscles need to experience **progressive overload**, meaning that if a person want to continue getting stronger, they need to gradually increase the resistance and/or intensity of the challenge over time.

For example, in the case of the person who was relatively inactive and not in good shape, if they were to practice five sun salutations a day for 2-3 weeks, they would likely



experience an increase in strength. In order to continue building strength, however, at some point they would either need to increase the number of sun salutations they do and/or hold certain postures for a longer period of time.

Another key factor in building and maintaining strength is consistency. **Muscular atrophy**, or the loss of muscle mass, can begin as soon as within 1-2 weeks of inactivity. The rate of atrophy can vary depending on various factors such as age, fitness level and cause of inactivity (illness, injury, not having/making time, etc.), but regardless of such factors, most people's muscles will decrease in strength after a relatively short time of inactivity.

Other key factors in building and maintaining strength are rest and nutrition. Resistance training causes microscopic damage to the muscles that the body then repairs and rebuilds, which leads to increased mass and strength. Without adequate rest, the muscles will not have time to repair. This can lead to injury in the form of muscle strains, or even tears. Similarly, without adequate nutrition, the body will not have the necessary fuel to repair the microscopic damage caused by resistance training. Protein, in particular, is the nutrient needed for muscle growth. A general rule of thumb is to consume one gram of protein per pound of bodyweight. Thus, a person who weighs 150 lbs. should aim to consume 150 grams of protein in a given day. For people who use their muscles more regularly and/or intensely, more protein may be required in order to maintain good muscular health.

When it comes to postural yoga, the vast majority of strength building happens as a result of performing bodyweight exercises, although in some cases practitioners may experience an increase in strength as a result of doing certain high intensity stretches.

Regardless of the means, it is important to understand that even though postural yoga offers a wide range of possibilities for movement and strength building, it also has certain limitations. For example, there are many postures and transitions that can help to build strength in the abdominals, pectorals, anterior deltoids, triceps, quadriceps and gluteus medius, but very few standard postures directly or sufficiently load many muscles enough to meaningfully build strength in them, especially for already-active individuals. Those muscles include but are not limited to the gluteus maximus, mid-trapezius, rhomboids, posterior deltoids, triceps, hamstrings or adductors.

Because of this, most practitioners of postural yoga will likely benefit by using resistance bands, doing heavy manual labor and/or performing other forms of exercise or physical movement, including bodyweight movements that are not typically associated with traditional yogic postures, such as pull-ups, push-ups, lunges and others. In fact, for many people, incorporating other forms of physical activity is essential not only to establish and maintain joint health, but also to avoid muscular imbalances and overuse injuries. When done with the proper intention and awareness, there is no reason that these activities cannot be considered part of a well-rounded yoga practice.

Likewise, most forms of postural yoga have not been shown to provide significant cardiovascular benefits. Accordingly, most practitioners will most likely benefit by

incorporating some form of regular cardiovascular exercise into their regimen. This can include, but is not limited to running, jumping rope, using a rowing machine and/or elliptical trainer, etc.

All of that said, it is important for teachers of postural yoga to understand the scope of their practice and to know the limitations of their expertise. If students have questions that go beyond a given teacher's knowledge, it is considered best practice to refer the student to someone with more expertise in that area and/or encourage them to do their own research.

## **Anatomy and the Teaching of Postural Yoga**

Most people tend to have a very limited awareness of how their body works. As a result, not only do most people only ever experience a fraction of their physical potential, but in most cases if/when they get injured their only recourse is either to seek medical attention, which is often costly and time consuming, or simply to suffer.

One of the primary ways postural yoga works to create better health and a better quality of life is by helping practitioners to become more aware of their bodies and how they function. The more teachers understand about human anatomy—including which muscles connect to which bones and where, how those muscles work to create movement and how to work with the limitations of the body to increase flexibility and build strength safely and effectively—the better able they will be to help students become more aware of their own bodies and all that they are capable of.

In this way, anatomy is not just academic knowledge. It's a tool for helping to awaken embodied intelligence in others, and for helping people move through life with more ease, awareness and freedom.

## **The Human Mind in the Practice of Modern Yoga**

*“I admit that thoughts influence the body.”*

*—Albert Einstein*

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At their core, all yogic practices have one central purpose: to help us understand the nature of our mind and transform our relationship to it. Despite this, for many practitioners, the mind remains the most mysterious—and often the most challenging—aspect of practice. This chapter offers an overview of what the mind is, how it works, and most importantly how yoga effects it, from both classical yogic and modern scientific perspectives.

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Yoga is often referred to as “the science of the mind.” Though often seen as a purely physical practice, postural yoga has the potential to work just as deeply—if not more so—on a mental level. Consequently, the same way teachers of postural yoga need to be knowledgeable about the human body, it behooves them to understand about the human mind, as well—namely, how it works and how the practice of yoga affects it.

This, however, can be easier said than done.

One of the main challenges when it comes to understanding the human mind is that there is very little consensus as to what exactly it is. One theory holds that the mind is the part of us that thinks, feels, perceives, imagines, remembers and wills. Another holds that the mind is a complex of faculties involved in perceiving, remembering, considering, evaluating and deciding. Some theories consider the mind to be the seat of human consciousness and intelligence, whereas others hold that consciousness is separate from the mind. Most western theories hold that the mind enables a system of cognitive processes that happen in the brain, whereas many eastern theories consider the mind to be a function of the body just as much as the brain.

To make matters more complicated, we also have the term “psyche”, which refers to the aspect of our being that encompasses both our conscious as well as our unconscious mental processes, including deep feelings, beliefs and attitudes. Some theories consider “mind” and “psyche” to be the same thing, whereas others consider the mind to be responsible only for the conscious, intellectual aspects of mental functioning, such as thinking, coordination and memory.

But while modern theories differ widely, classical yogic philosophy offers a much more unified perspective. The Sanskrit word most commonly used to refer to the mind is **citta**. Unlike most Western conceptions, however, which consider the mind to be a single entity, *citta* has three components:

1. **Manas** - The part of our mental functioning that is responsible for thinking, processing information, imagining and remembering. Often equated with the intellect, it is considered to be the aspect of mind that receives sensory information before presenting it to consciousness.
2. **Ahamkara** - Literally “I-maker”, this is the part of our mental functioning that causes us to identify with our minds, bodies and the world around us. Often equated with the ego, it is thought to be the thing that causes us to have a sense of individuality.
3. **Buddhi** - Derived from the root ‘budh’, meaning “to know” or “to be awake”, it is considered to be our innermost wisdom. Sometimes equated with our intuition, it is the power of the mind to comprehend, analyze, discern and decide.

Together, these three components comprise the *citta*, which yogic philosophy considers to be the lens through which consciousness perceives. The implication of this is that without the *citta* our consciousness would have no means of interfacing with the material world.

But just as the lenses of a pair of glasses can become smudged and/or scratched, causing our perception to be altered, the *citta* can also become occluded and/or warped by impressions left over from the things we experience. Among the potential consequences to this are the following:

1. Our perception can become skewed. For example, if a person of a certain race, gender or community does something we deem dishonest, it may lead us to believe that *all* people of that race, gender and/or community are dishonest.
2. We can form unhealthy attachments. For example, if we’re taught that the only measure of success is how much money we earn, we may become obsessed with making money to the point of sacrificing our physical and/or mental health, or possibly behaving in unethical ways in order to earn more money. Or if we meet a person whose company we enjoy, we may come to believe that we can’t be happy without them.
3. We can become excessively reactive. For example, if someone criticizes our weight, it might hurt our feelings. As a result, we may develop an eating disorder. Or we may assume some kind of insult when someone else offers us a piece of cake, even though they mean no harm.

4. We can become distracted to an unhelpful degree. For example, if we made a decision that led to an unfavorable outcome, we may become preoccupied with our “mistake” to the point that we either miss out on other opportunities or become so afraid of making another mistake that we avoid making important decisions altogether.
5. We can develop what is often referred to as a “monkey mind”, that is a mind that is constantly jumping from one thought to another, never settling or focusing long enough to think things through or be cognizant of certain aspects of our self and/or our environment, and eventually exhausting itself to the point of possibly breaking down. For example, if we work in a high stress environment that requires dividing our attention constantly between multiple tasks, we may forget to breathe in a way that brings adequate oxygen into our bodies, resulting in burnout, illness and other dysfunction.
6. We can form self-destructive habit patterns. For example, if a person experiences abandonment, they may develop a belief that they are not worthy of attention. This can lead to all sorts of self-destructive behaviors, including eating disorders, substance abuse, isolating one’s self and engaging in toxic relationships, to name a few.

The common thread of all these consequences is suffering of one form or another—that is, wanting things to be other than they are. Whether it comes from fear, doubt, loneliness, anxiety or any number of other possibilities, the basic premise of classical yogic philosophy is that suffering is rooted the mind. The corollary to this is that if we find ourselves suffering internally, it is an indication that our *citta* has been disturbed in some way.

It is because of this that the original goal of all yogic practices was to help practitioners calm and cleanse their minds. In theory, if a person could do this successfully, they would:

- Learn to perceive reality objectively, i.e. without emotional attachment
- Free themselves of any unhealthy attachments
- Develop a greater capacity for responsiveness over reactivity
- Increase their capacity for focus and equanimity
- Become more aware of their mental conditioning, and if the resulting behavior patterns were causing them to suffer, to change them.

And ultimately, according to the theory of classical yoga philosophy, if a person could purify and calm their mind fully, they would eventually come to realize themselves as pure consciousness, undisturbed by the activity of the mind.

Whether this is true or not, or has ever happened, is open to debate. Given that there are currently no tests or ways of proving that our consciousness is distinct from our mind,

or that a given person has Self-realized or not, we have no way of knowing if the claims of classical yoga have any validity.

Thanks to modern science, however, we do know that practicing yoga benefits the brain in measurable ways. Studies suggest that people who practice yoga regularly tend to show higher-than-average thickness of their cerebral cortex and hippocampus, which typically shrink with age. These are the areas of the brain responsible for high-level cognitive processes, sensory perception and motor control (cerebral cortex), as well as emotional processing, learning and memory (hippocampus). As a result, people who practice yoga regularly tend to exhibit:

- Better than average cognitive function (learning and memory)
- Better than average executive function (reasoning and decision making)
- Better than average motor skills (reaction time and accuracy)
- Lower than average anxiety and depression
- Higher than average gamma-aminobutyric acid (GABA) levels, resulting in better mood and decreased anxiety
- Increased capacity for emotional regulation

All of that said, it is important to note that many people may suffer from mental afflictions that may be most effectively treated by a licensed psychologist or psychiatrist. For many others, however, yoga has the potential to provide tremendous mental benefits. The more teachers understand about how specific postures and breathing techniques affect mental states, the more skillfully they will be able to guide students toward practices that support their unique needs.

## The Human Nervous System in the Practice of Modern Yoga

*“The purpose of yoga is to help us calm our minds  
and balance our nervous systems.”*

—Georg Feuerstein

....

The nervous system is not only the primary gateway through which human beings experience the world, it is also the primary gateway through which yoga affects our physical, mental and emotional states. This chapter offers a clear, science-based overview of the human nervous system and its role in postural yoga. Developing a practical understanding of how the nervous system works helps us understand not only how yoga works, but how to teach and practice it more safely, intelligently and effectively.

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The human nervous system is a complex network of nerve fibers and specialized cells that facilitates communication and coordination throughout the body, controlling both voluntary and involuntary actions. It has four primary functions:

1. **Sensory Input and Integration:** The nervous system receives information from the environment, as well as from various internal organs, through sensory receptors that register things like touch, taste, sight, sound and smell. It then integrates and processes this information to determine an appropriate response.
2. **Motor Output:** Upon processing sensory information, the nervous system sends signals to muscles, causing them to contract, which in turn creates movement. It also sends signals to various glands, causing them to release hormones or other secretions.
3. **Coordination of Bodily Functions:** The nervous system works to maintain a stable internal environment by regulating various bodily functions such as heart rate, breathing, body temperature, blood sugar, hydration and more. The body's ability to maintain a stable internal environment despite changes in the external environment is called **homeostasis**. It is crucial for survival and proper functioning of the body's many systems—immune, circulatory, digestive, lymphatic, endocrine, etc.

- 4. Cognitive and Emotional Processes:** The nervous system is integral not only to cognitive functions such as thinking, learning and memory, but also to the experiencing and processing of emotions.

In addition, the nervous system also plays a role in the development and growth of the brain, the body's ability to heal, the way we respond to stress, as well as the regulation of reproductive health and fertility.

Given the essential role the nervous system plays in virtually every function of the body and mind, it stands to reason that the more teachers of modern yoga understand about how the nervous system works, as well as how various practices of yoga affect it, the better equipped they'll be to serve their students' individual needs.

## **Divisions of the Nervous System**

The human nervous system is divided into two main parts—the **Central Nervous System** (CNS) and the **Peripheral Nervous System** (PNS). The CNS is comprised of the brain and spinal cord and serves as the body's control center. The PNS is made up of the many nerves that branch off from the CNS and extend throughout the body. These nerves relay information between the CNS and the many muscles, organs and other body parts it regulates.

Within the PNS are two branches—the **Somatic Nervous System**, which controls voluntary movements, such as walking and talking, and the **Autonomic Nervous System**, which regulates involuntary bodily functions such as heart rate, sweating, blinking and digestion.

The Autonomic Nervous System is further divided into two more parts—the **Sympathetic Nervous System**, which governs the body's "fight-or-flight" response to perceived danger or stress, and the **Parasympathetic Nervous System**, which governs the body's "rest-and-digest" function. When these two branches of the nervous system are balanced—i.e., when homeostasis occurs—the mind and body tend to function well. Conversely, when they are out of balance, it can and often does lead to a wide variety of mental and physical disorders.

While postural yoga has been shown to help improve physical attributes such as strength, balance, flexibility and coordination—all of which rely on nervous system function—when it comes to overall well-being, one of the primary benefits yoga provides is its ability to help people balance the sympathetic and parasympathetic divisions of the autonomic nervous system.

## **How Yoga Affects the Nervous System**

The nervous system uses specialized cells called **neurons** to send electrical and chemical signals throughout the entire body via **nerve fibers** (commonly referred to simply



as nerves). These signals not only help us to move our limbs and feel sensations, they are the carriers of the information we gather and process constantly to make decisions about what action to take on a moment-to-moment basis.

There are three types of neurons:

1. **Sensory Neurons:** Take information from the sensory organs (nose, eyes, tongue, ears, skin) to the brain.
2. **Motor Neurons:** Take signals from the brain and spinal cord to various muscles.
3. **Interneurons:** Facilitate communication between the motor and sensory neurons, regulating movement in response to sensory information (shivering when we're cold, moving away upon touching a hot surface, etc.) and also playing a role in how we think, learn and remember.

All three types of neurons activate in response to stimuli, both internal as well as external.

For example, if a person were to go out walking in the woods and come upon a bear, unless for some reason that person had no fear of bears, their nervous system would register a threat and the sympathetic branch of their nervous system would immediately send them into a “fight or flight” response. Based on the information received from their sensory neurons, the person’s brain would then send out motor neurons and activate interneurons that would prepare their body for action by:

- Releasing cortisol and adrenaline from the adrenal glands
- Causing their heart and breathing rates to go up
- Increasing blood flow to major muscles
- Causing their pupils to dilate
- Possibly stimulating sweat production
- Possibly also temporarily suppressing certain non-essential functions such as digestion, immune response and/or bladder control

Depending on the person, their nervous system would also send out signals that might cause them either to freeze, to run away, to fall on the ground and curl up into a ball, to wave their arms and make loud sounds in an effort to scare the bear off, or possibly even to attack the bear.

As long as the bear continued to present a threat, the person would likely remain in a heightened state of awareness and anxiety. Provided the bear moved on and left them alone, however, and provided the person’s nervous system was able to balance itself, they would gradually shift out of “fight or flight” mode and return to “normal” functioning as the perceived threat diminished.

The challenge for many people is that their nervous systems rarely, if ever, are given a chance to reset.

Even though most people in the modern world don't have to worry about encountering bears on a daily basis, they have to navigate all kinds of other stressors—work, money, family, health, politics, etc.—and though the nervous system's response to them is rarely as intense as a run in with a deadly animal, the effects are often compounding, which can make them even more overwhelming in the long run.

If a person is constantly dealing with pressure at work and/or pressure at home, if they are frequently concerned about finances and/or health matters, if they are disturbed by politics and/or other current events, or if their mind becomes fixated on memories of a traumatic experience from the past, that person's nervous system may keep them in a more-or-less constant state of heightened anxiety, sometimes referred to as **chronic stress**. This can lead to a variety of issues, including:

- Restlessness/difficulty concentrating
- Difficulty sleeping
- Digestive problems/loss of appetite
- High blood pressure
- Headaches
- Muscle tension
- Irritability
- Sexual dysfunction
- Weakened immune system
- Memory issues
- Depression
- Anxiety
- Delusion

These are all symptoms of a nervous system that is out of balance, or dysregulated. For many people, though, many of these symptoms have become so common as to seem normal. In such cases, conscious efforts must be made to regulate the nervous system and reestablish homeostasis.

Certain yoga practices can be extremely helpful with this. Restorative and yin yoga, in particular, tend to be very effective at stimulating parasympathetic function. The long holds, supported postures, emphasis on slow, steady deep breath and progressive muscle relaxation have all been shown to help activate the body's "rest and digest" response.

This typically results in:

- Decreased cortisol and adrenaline levels
- Decreased heart and breathing rates
- Reduced blood flow to non-essential areas/muscle relaxation
- Reduced blood pressure

- Stimulation of digestion and other metabolic activity
- Increased feelings of safety and calm

It can be helpful to think of the sympathetic nervous system like an accelerator, and the parasympathetic nervous system like a brake. Both are necessary for driving, but they have to be engaged at the right time and in the right measure in order to navigate safely and effectively.

A well-regulated nervous system is one that activates the sympathetic and parasympathetic responses at the appropriate times and in the appropriate measure, resulting in:

- Improved digestive function
- Improved cognitive function and memory
- Improved sleep quality
- Improved immune function
- Improved heart rate variability (HRV), an indicator of the body's ability to manage stress
- Improved overall health and well-being

All of that said, it is important to understand that not *all* yoga practices will necessarily result in a balanced nervous system. If someone is suffering from chronic stress, it will most likely not benefit them to engage with a practice that involves high-intensity stretching and/or strength training. For this reason, it is essential that teachers of modern yoga are not only capable of assessing the state of their students' nervous systems, but also discerning which practices are likely to support regulation versus exacerbate imbalance.

### **A Note on the Vagus Nerve**

The vagal nerves—commonly referred to as the vagus nerve, even though there is one on each side of the body—are the primary nerves of the parasympathetic nervous system. They are responsible for sending signals between the brain and the heart, lungs, liver, spleen, stomach, intestines and kidneys. They contain 75% of the neurons of the parasympathetic nervous system and play a central role in regulating everything from heart rate, blood pressure, respiration and digestion to immune response, mood, stress response, cognitive function and mental health.

The functioning of the vagal nerves is measured in tone. A high vagal tone is associated with:

- A healthy resting heart rate
- Healthy blood pressure
- Increased Heart Rate Variability
- Strong digestion
- Reduced inflammation

- Greater ability to manage/recover from stress
- Strong cognitive function (self-regulation, decision making and memory)

Conversely, a low vagal tone is associated with:

- High blood pressure
- Low Heart Rate Variability
- Gastrointestinal dysfunction (acid reflux, irritable bowel syndrome)
- Chronic inflammation
- Increased risk of anxiety and depression
- Poor cognitive function

Studies have shown that certain activities can help to promote a higher vagal tone, including:

- Deep breathing, specifically with extended exhalations
- Chanting, or even simply humming gently
- Meditation and mindfulness practices that encourage present moment awareness
- Regular physical activity, especially aerobic exercise
- Brief exposure to cold
- Social connection, including acts of kindness and expressing gratitude

It is often said that practicing inversions (postures in which the heart is above the head) can also help to stimulate the parasympathetic nervous system. Currently, however, there is not enough evidence to support this claim, but there is evidence to indicate that practicing inversions can help to increase Heart Rate Variability significantly. This suggests an increased vagal tone, but more research is needed to understand the effects of inversions specifically on the vagus nerve and parasympathetic nervous system.

## The Subtle Body

*“The subtle body in yoga is not only the secret  
to the optimal functioning and alignment of the body;  
it is the key to delight, love, understanding  
and good relationships.”*

—Richard Freeman

••••

Beneath the physical body lies another dimension of human experience known as the “subtle body.” While not anatomy in the scientific sense, this inner realm provides a framework that many practitioners find essential for understanding both the possibilities and the purpose of yoga. This chapter offers an overview of what the subtle body is and how a working knowledge of it can help not only to support, but enhance a yoga practice. Whether understood metaphorically or experientially, the subtle body provides a language for describing the aspects of practice that are more felt than seen, and that often guide the most profound forms of healing and growth.

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The term “subtle body” refers to a non-physical, energetic system that is thought to influence the workings of the mind, physical body and emotions. It is typically described as a network of energy centers and channels, as well as layers of being that all work in conjunction with the physical body to influence health, harmonious living and spiritual growth.

If there is scientific research proving the existence of a subtle body, it has yet to be made widely known. This does not mean, however, that the subtle body is purely imaginary, or that there is no value in learning about and understanding it.

There are essentially four elements to the subtle body:

1. **Prana:** Commonly translated as “life force”, it is considered to be the vital energy that flows through our bodies and animates our existence. Similar to the concept of *chi* (often spelled *qi*) from traditional Chinese medicine and various martial arts traditions, it is thought to be the source of life and all movement in the body. As such, it is considered essential not only for maintaining physical, mental and emotional well-being, but also for making us who and what we are.
2. **Nadis:** The channels or energetic pathways through which *prana* flows in the body. According to yogic thought, virtually all illnesses, imbalances and/or

disorders—physical, mental and emotional—are considered to be the result of blockages in certain nadis, causing *prana* to be unable to flow freely.

3. **Chakras:** Energy centers within the subtle body that are believed to be responsible for receiving, processing and expressing energy that influences our physical, emotional and spiritual well being.
4. **Koshas:** Commonly described as the five “sheaths” of human existence, they are thought to be the layers of awareness that make up our being.

## **Prana**

The concept of *prana* has its origins in the *Vedas*, which describe it as the primordial energy, or universal life force that animates all matter and is the fundamental essence of life. Though it is often associated with the breath, it encompasses much more, functioning not only as the biological energy that creates and sustains life, but also manifesting as various physical forces such as light, heat and electricity. It is understood as the basis for consciousness, the energy that links mind and body.

The *Upanishads* further expanded on the concept of *prana*, describing it as the vital energy governing all bodily functions—everything from respiration, circulation and digestion to sensory perception, speech and spiritual awakening. In particular, the *Prasna Upanishad* (ca. 500-200 B.C.E.) identifies five **vayus**. Literally translated as “wind” or “that which moves”, the *vayus* describe five different ways *prana* moves and functions in the human body:

1. **Prana vayu** - Inward-moving energy, centered in the lungs and heart, it governs respiration;
2. **Apana vayu** - Downward/outward-moving energy, centered in the pelvis and sometimes called the “down breath”, it governs elimination;
3. **Samana vayu** - Balancing-energy, centered in the navel, it governs digestion, absorption and assimilation of nutrients and also helps to balance *prana* and *apana*;
4. **Udana vayu** - Upward-moving energy, centered in the throat and sometimes called the “up breath”, it governs verbal expression and growth, both physical as well as spiritual;
5. **Vyana vayu** - Circulating energy, found throughout the body, it governs circulation and the general distribution of energy.

In many ways, the practice of yoga is meant to help facilitate the efficient and unrestricted flow of energy through the *nadis*. Certain postures are thought to help

stimulate the flow of different energies in different ways. Understanding which postures can effect which *pranas* and in which way can help teachers be of greater service to their students.

For example, if a teacher encounters a student who is having difficulty expressing themselves clearly and confidently, postures that bring attention and blood flow to the throat area—such as plow pose and/or shoulder stand—are thought to be more helpful in most cases than other postures that might emphasize flexibility of the hamstrings or strength in the abdomen.

As always, the postures that will prove most beneficial will vary from student to student and sometimes from day to day even with the same student. However, developing an understanding of the ways that different postures and/or breathing techniques may effect energy flow through different parts of the body can provide a helpful framework for constructing an effective practice.

## **The Nadis**

The Sanskrit word “*nadi*” translates as “tube”, “channel” or “flow.” While there is no way to know exactly how many *nadis* there are in the subtle body, some texts claim there are as many as 72,000.

Though the *nadis* are thought to comprise a vast network of energetic pathways, it is generally taught that there are three primary *nadis*:

1. ***Shushumna nadi***: The central energetic channel in the human body, thought to run along the spinal column.
2. ***Ida nadi***: Often referred to as the “lunar” or the “feminine” channel, it is associated with calming, receptive energies.
3. ***Pingala nadi***: Often referred to as the “solar” or the “masculine” channel, it is associated with activating, outgoing energies.

Both the *ida* and *pingala nadis* are thought to originate at the base of the spine and circulate upwards in a criss-crisscrossing pattern around the *shushumna nadi*, terminating in the nostrils.

[Diagram of Shushumna, Ida & Pingala]

The *ida nadi* is thought to connect to the left nostril, whereas the *pingala nadi* is thought to connect to the right nostril.

At the same time, the *ida nadi* is thought to link to the right side of the brain and the left side of the body, while the *pingala nadi* is thought to link to the left side of the brain and the right side of the body.

Because of their end points in the nostrils and their connection to opposite sides of the brain, different breathing techniques are believed to stimulate different functions.

For example, breathing only through the left nostril is believed to stimulate both the parasympathetic nervous system, as well as creativity, imagination and diplomacy, whereas breathing only through the right nostril is believed to stimulate both the sympathetic nervous system, as well as logic, critical thinking and assertiveness.

Though more research is needed to verify all of these claims, recent studies have shown that breathing only through the left nostril is indeed associated with a decrease in cardiovascular parameters, including heart rate, blood pressure and cardiac output, as well as an increase in Vital Capacity and Peak Expiratory Flow Rate, two important indicators of lung health.

Likewise, studies have also demonstrated that right nostril breathing is associated with enhanced blood flow in the left frontal cortex, as well as enhanced verbal cognition.

Perhaps further studies will help to confirm more of what the ancient yogic teachings have asserted, but for now the evidence has proven convincing enough that modern scientific and medical communities are beginning to explore the possibility of different breathing techniques as potential remedies for various brain and mood disorders.

## **The Chakras**

As far as we know, the concept of the *chakras* has its roots in *tantra*. While not formally a part of any traditional schools of yoga, they have become adopted by many modern day yogis as a tool to help achieve and maintain balance and harmony internally, as well as externally.

The *chakras* are thought to govern the primary aspects of a person's life, including relationships, creativity, professional success, sexuality, communication, intuition and connection to a higher power. They are said to be located along the spinal axis, where the *ida* and *pingala nadis* intersect with the *shushumna nadi* (except for the "crown" *chakra*, which is located above the crown of the head).

Each *chakra* is thought to identify a core human need. In theory, when a given *chakra* is open, energy flows and the need of that energy center is able to be met more readily. When the *chakra* is blocked or closed, energy is stagnant and intentions become harder to actualize.



In addition, each *chakra* is said to have a corresponding color, element and sense function associated with it, as well as different postures that are thought to help open and/or balance the energy center.

Though *chakras* are not verifiable through modern anatomical study, they offer a symbolic map for understanding how energy, emotion and intention manifest in the human experience. Developing a working knowledge of the concept of the *chakras* and how they function can help inform a person's yoga practice.

Likewise, the more teachers are able to understand about where their students are stuck, the more the *chakra* system can help them understand where to focus their attention, as well as which postures and/or breathing techniques to practice in order to help create and maintain balanced health.

[Diagram of the chakras... coming soon]

The seven primary *chakras* are:

1. ***Muladhara Chakra*** – Also known as the “root chakra”

Location: Base of the spine/pelvic floor

Color: Red

Element: Earth

Sense: Smell

Function: Governs basic survival needs such as stability, finances and relationships

Overview: When this chakra is open we have confidence that our needs will be met. When it's blocked we feel a sense of anxiety or worry.

To open/balance this chakra: Practice one-legged standing balance postures.

Notes: According to the theory behind the *chakras*, the body evaluates decisions based on the likelihood of having our needs met. *Muladhara* gives us information about the likelihood of a decision or action to nourish us or to bring toxicity into our lives.

2. ***Svadhastana Chakra*** – Also known as the “creativity chakra”

Location: Genitals/Lower abdomen

Color: Orange

Element: Water

Sense: Taste

Function: Fuels the creative force behind reproduction, art, business, building a life of love and abundance.

Overview: When this *chakra* is open we are able to co-create our life with the universal force of creativity. When it is blocked we struggle to relate to others.

To open/balance this chakra: Practice hip opening postures.

Notes: Creativity is a process of taking raw material and forming different contexts and relationships between components. *Svadhastana* takes the raw

material of the root *chakra* to remake the world anew each day.

3. ***Manipura Chakra*** – Also known as the “energy” or “power chakra”

Location: Solar plexus

Color: Yellow

Element: Fire

Sense: Sight

Function: This chakra is the seat of one’s individual power. It governs our sense of individuality, our ego and how we conduct ourselves.

Overview: When this chakra is open we are capable of manifesting our intentions and desires. When it’s blocked we experience frustration and/or a feeling of being ineffective.

To open/balance this chakra: Practice twisting and/or core strengthening postures.

Notes: The seeds of intention & desire reside in our souls. In order to harvest these seeds, we must first bring them into our consciousness. Whether we mean to or not, we are always manifesting something. This chakra reminds us to be careful and pay attention to what we’re cultivating.

4. ***Anahata Chakra*** – Also known as the “heart chakra”

Location: Center of the chest

Color: Green

Element: Air

Sense: Touch

Function: Represents the unifying energy of love and compassion, dedicated to overcoming separation and recognizing oneness.

Overview: When this chakra is open we feel nourished by a deep connection to all beings. When it’s blocked we feel a sense of alienation & envy.

To open/balance this chakra: Practice heart openers (i.e. backbends).

Notes: It is the job of the heart both to give and receive. In order to receive love, we must also give it. In addition to governing our breathing and cardiovascular system, the *Anahata* is also responsible for our ability to forgive and give compassion.

5. ***Vishuddha Chakra*** – Also known as the “throat chakra”

Location: Center of the neck

Color: Blue

Element: Ether

Sense: Hearing

Function: The center of expression, this chakra governs our communication

Overview: When the Throat Chakra is open we have confidence that we can express our needs clearly and that we’ll have our needs met. When it’s blocked we experience feelings of not being heard (which can manifest as neck pain and/or

thyroid problems)

To open/balance this chakra: Practice shoulderstand, plow and fish pose.

Notes: This chakra enables us to express our truth in life-affirming ways without concern for censors and/or critics. In theory, when we have a clear intention and an open heart, we experience spontaneous right speech. The idea is that we choose our words and actions and put our trust in the universe to handle the rest.

#### 6. **Ajna Chakra** – Also known as the “third eye”

Location: Center of the forehead

Color: Indigo

Element: Extrasensory perception

Sense: Sound

Function: The center of insight and intuition, this *chakra* represents our ability to look upon the world with equanimity and also to see ourselves in others and others in us.

Overview: When this chakra is open we feel a deep sense of connection to our inner voice, and we feel guided in our choices. When it's blocked we feel a sense of self-doubt and distrust.

To open/balance this chakra: Practice child's pose and Kapalabati (skull-shining breath).

Notes: This chakra governs our relationship to a higher power. According to yogic philosophy, our souls carry a spark of divinity. When we are in touch with this reality, we feel a clear sense of connection to our individual dharma.

#### 7. **Sahasrara Chakra** – Also known as the “crown chakra”

Location: Just above the crown of the head

Color: Violet

Element: Unity (the ability to recognize our self in others and vice versa)

Sense: Awareness of the inner light from the eternal flame of sacred wisdom

Function: Reminds us that we are an unbounded spirit in a human body.

Overview: When this chakra is open we experience the full expression of yoga, i.e., the unification of being with action, of universality with individuality. When this chakra is blocked we forget our divine nature and become stuck in the material world.

To balance this chakra: Practice headstand and meditation; also open and balance the other *chakras*.

Notes: This chakra is represented by the lotus flower. When it blossoms, it is a symbol of the memory of our wholeness being restored. Likewise, when *sahaswara* opens, our identity shifts from constricted to expanded. Fear and anxiety give way to trust and faith.

### **The Koshas**

The concept of the *koshas* was first described in writing in the *Taittiriya Upanishad*. Though typically associated with the subtle body, the *koshas* also include the ‘gross’, or physical body, as well as the ‘causal’ body, which is considered in yogic philosophy to be the foundation of both the subtle and gross bodies, and the source of all experiences. It is believed to be an energetic seed, of sorts, carrying thoughts, impressions and accumulated karma from past lives.

Central to the notion of the *koshas* is the concept of *atman*, the individual soul. In order to realize one’s self as the soul, which is the ultimate goal of classical and pre-classical yogic practices, one must ultimately remove the five *koshas*, or “sheaths”, that cover it.

The five *koshas* are:

1. ***Annamaya kosha*** - Literally, the “food body”. This is the gross, or physical body that most people typically think of as their self. It can be a source of both great pleasure, as well as great pain and suffering.
2. ***Pranamaya kosha*** - The energetic body. This is the outermost layer of the subtle body. It contains our life force energy that animates our being and governs our vitality.
3. ***Manomaya kosha*** - The mental body. This is the middle layer of the subtle body. It contains our sense of individuality, as well as our cognitive functioning, and governs our ability to think and perceive clearly.
4. ***Vijñanamaya kosha*** - The wisdom body. This is the innermost layer of the subtle body. It contains our intuition and governs our instincts, as well as our ability to heed them.
5. ***Anandamaya kosha*** - The bliss body. This is the so-called causal body. It is the closest sheath to the *atman*. It contains the capacity for causeless bliss that is considered by yoga to be our birthright, and governs our ability to experience peace and contentment.

The *koshas* are often described as working like layered veils or blinds covering a lantern. In order for the light within to shine out clearly, the blinds must open fully. Similarly, in order to experience one’s self as the soul, a practitioner must remove any blockages within the five sheaths that may prevent them from establishing a clear connection with their own soul.

While many modern day practitioners are not necessarily striving to experience themselves as the soul, it can nonetheless be helpful for teachers of yoga to understand the concept of the *koshas*. Depending on the nature of a given student’s struggles, being able to identify whether the root cause is physical, mental or energetic can give a teacher insight as to which practice techniques might be most appropriate and effective in terms of helping the student find relief from whatever is ailing them.

## The Practice of *Yogasana*

*"Body is the bow, asana is the arrow,  
and the soul is the target."*

— *B.K.S. Iyengar*

••••

Of all the practices of yoga, none is more widely recognized in the modern world than *yogaasana*, the physical postures. While they represent only one aspect of the larger yogic tradition, they offer a powerful doorway into it. This chapter explores the purpose, elements and misconceptions, as well as the many varieties of the posture practice.

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The subject of *yogasana*, or yoga postures, and how to practice them correctly, is a topic of great debate. Opinions vary widely on virtually every aspect of the matter, everything from:

- Which postures should be practiced by which people
- How the postures should be sequenced
- Which muscles should engage and when
- How much practice is necessary to be effective
- How hard or not practitioners should push their edges
- The effects of different postures on different bodies and minds
- The meaning and importance of alignment
- How best to avoid and work with injuries
- The purpose of practicing postures at all

Amid the many areas of debate, however, there is one thing about which virtually all experienced teachers and practitioners agree—namely, that yoga postures should always be practiced as much as possible in a way that serves the needs of the practitioner. This is the single most important ingredient to a successful *yogasana* practice.

Some people have physiological needs (healing, mobility, strength, etc.), others have psychological needs (stress relief, difficulty focusing, mood regulation, etc.), others have spiritual needs (connection to self, faith, etc.), and many have some combination of all three.

Obviously, the more adept teachers are at assessing their students, the better able they will be to serve their individual needs, but we'll say more about this in the chapter on Teaching Methodology. The goal of this chapter is to present some of the more widely

accepted principles and techniques of an effective yoga posture practice, as well as some of the most current scientific research supporting their effectiveness.

## Purpose

Though the classical aim of *yogasana* was, and for many people still is, to be a component in a larger process of Self-realization, most modern practitioners are more likely to practice yoga postures for a variety of physical and/or health-related reasons, including:

- Increasing strength, balance and/or flexibility
- Losing weight/getting fit
- Reducing stress
- Healing injuries and/or relieving chronic pain
- Improving sleep
- Improving sexual function
- Managing anxiety and/or depression
- Enhancing mood and mental clarity
- Improving cardiovascular health
- Improving overall vitality and well-being

Indeed, modern research supports that practicing yoga postures can help with all of these aims, and more. In study after study (see *appendix A*), the regular practice of *yogasana* has been shown to improve many indicators of both physical and mental health across a wide variety of age groups and demographics. It is important to acknowledge, however, that the benefits reaped depend not only on the postures practiced, but also the manner in which they are practiced.

For example, while it is true that yoga postures have been shown to improve strength, balance and flexibility, they will only do this if the appropriate postures are practiced—and either repeated or held long enough to have a transformative effect. A person who only practices seated forward folds will likely not experience a meaningful improvement in core strength, whereas someone who practices plank pose may, but only if they repeat and/or hold the pose long enough to challenge their core muscles.

Likewise with yoga's mental benefits. Someone who rushes through their practice may not reduce stress, whereas someone who makes an effort to move slowly while regulating their breath probably will.

The same goes with all other possible benefits and drawbacks of *yogasana*. If the right postures aren't practiced in the right way with enough consistency, practitioners may experience little to no benefit at all, and if practiced excessively, they can easily lead to injury.

Furthermore, it is important to understand that the same practice can serve different purposes depending on the condition of the practitioner. For example, for someone who has tight hamstrings, practicing forward folds will likely help them to become more flexible. However, for someone who is already very flexible but who is short-tempered, practicing forward folds may not increase their flexibility very much, but it may well help them to become less reactive and more even-tempered.

The reason for this is that practicing yoga postures helps to cultivate both **interoception** and **neuroplasticity**. Interoception refers to the ability to perceive and interpret signals coming from within the body, such as hunger, pain, stress and emotions. Neuroplasticity refers to the brain's ability to adapt and reorganize itself by modifying its structure and functions in response to experiences. By inviting practitioners to pay close attention what they're doing, how they're doing it and what's happening as a result—physically, mentally and emotionally—yoga postures tend to engender a strong mind-body connection. This, in turn, often leads to a shift in behavior that can have a measurable impact on a practitioner's well being.

To give another example, many forms of yoga are gentle, and thus do not result in burning enough calories to have a measurable impact on weight loss. However, the mind-body connection those forms of yoga help to cultivate can make practitioners more aware of their eating habits, which can lead to them making different choices around food, which *can* lead to a measurable impact on weight loss.

A 2015 article from Harvard Medical School reported that people who practiced yoga for at least 30 minutes once a week for at least four years gained less weight during middle adulthood, that people who were overweight lost weight, and that in general people who practiced yoga had a lower BMI than people who did not practice yoga.

Because of the strong mind-body connection it engenders, as well as a corresponding increase in self-awareness, many people in recent years have come to see the purpose of yoga either as a pathway to realizing one's individual potential, or to forming deeper connections with other people, or both. Though more research is needed to prove the effectiveness of yoga postures toward these aims, based on anecdotal evidence, they appear to be valid.

In short, the benefits *yogasana* depend not only on which postures we practice, but also how and why we practice them, as well as our own physical, mental and emotional state.

## Elements

Yoga postures are similar to cars. No matter how fancy or impressive a car might look, if it's out of gas (or charge), or if there's a problem with the engine, it won't get you very far. Conversely, even the most basic car will work perfectly well as long as it has enough gas (or charge) and a good engine.

By the same token, whether a yoga posture is very basic or extremely advanced, there are certain elements that are necessary for it to work well—i.e., to provide benefits. Depending on a given practitioner’s objectives, the more skillfully they’re able to implement the following elements, the more effective their practice is likely to be.

## 1. Breath

Virtually all schools and styles of modern postural yoga emphasize the importance of mindful breathing while practicing *yogasana*. There are several reasons for this:

- **Improved cognition:** Slow, rhythmic breathing helps to stimulate and organize activity in the cerebral cortex, in particular areas related to perception, attention, memory, reasoning, problem solving and emotional regulation.
- **Equanimity:** Building the capacity to breathe slowly, deeply and rhythmically, especially amid heightened intensity, helps to cultivate equanimity, i.e. mental calm or evenness of temper.
- **Stress reduction:** Slow, rhythmic breathing helps to balance the nervous system, reducing stress and anxiety.
- **Improved focus and executive function:** Concentrating on breathing slowly and steadily also helps to stimulate the pre-frontal cortex, which serves as a control center for attention span, planning and decision making.
- **Greater stamina:** Maintaining steady breath facilitates a continuous supply of oxygen to the muscles, enabling practitioners to sustain poses for longer periods. This in turn helps to build strength and endurance.

Though it is difficult to measure scientifically, it has certainly been the experience of many practitioners that the combination of these benefits tends to create an increased ability to remain not only calm, but also curious in the face of adversity and discomfort. In addition to being helpful in many aspects of everyday life—work, relationships, health—this is also all but essential in terms of achieving the goal of classical yoga, as it is only in learning to face and examine the things that unsettle us—our fears, doubts, insecurities, prejudices, etc.—that we can begin to dismantle whatever negative influence they may be having on us, and free ourselves from whatever inner disturbance they may be causing.

**A Note on Ujjayi breath:** The most common breathing technique used in the practice of *yogasana* is known as *ujjayi pranayama*, or “breath of victory.”



We will say more about *pranayama* in the next chapter, but the technique of *ujjayi pranayama*, which is often referred to as “ocean breathing”, involves creating a soft whispering sound in the back of the throat. This can be accomplished either by slightly constricting the muscles of the throat, or by relaxing them completely in order to open the trachea. As with the various branches and styles of yoga, different techniques are effective for different people. Practitioners are encouraged to try different possibilities to find the technique that works best for them.

There are three elements to *ujjayi pranayama*:

- **Sound in the throat:** The sound of the breath should happen as much as possible in the back of the throat rather than in the nostrils and/or sinuses.
- **Modulated volume:** The sound of the breath should be loud enough that the practitioner can hear it, but not so loud that someone standing more than five or six feet away can hear it.
- **Steady rhythm:** The inhalations and exhalations should be more or less equal in duration, and should move in a way that causes no distress to the practitioner.

The word “*ujjayi*” means victorious. As a breathing technique, *ujjayi pranayama* is meant to help practitioners internalize their awareness and create a calm, steady mind as a means of becoming victorious over the influence of misperception, as well as negative thinking and habits.

All of that said, it is important to understand that *ujjayi* is not universally taught. Some schools now discourage the throat constriction and audible breath in favor of quieter, more natural diaphragmatic breathing. As with all practices, the more teachers can help students explore different possibilities and their effects, the better able students will be to choose the practice that works best for them.

## 2. Bandhas

A second key element in the practice of *yogasana* is the use of ***bandhas***. The word “*bandha*” means “lock,” “bond” or “catching hold of.”

Essentially, a *bandha* is a targeted muscular engagement meant to help bring greater awareness to different parts of the body. It is often said that *bandhas* are used to lock vital energy into the body, or to channel it in a specific way through the body, however the science behind these claims is difficult to verify.

What is indisputable is that the activation of certain *bandhas* helps to deepen the mind-body connection in a way that gives practitioners greater access to their full physical potential. Consequently, it may be helpful to think of *bandhas* as muscular engagements that help *unlock* potential, rather than lock anything in (though they may do that too).

There are six different *bandhas* that are commonly used in the practice of postural yoga:

1. ***Mula bandha***: Also known as “pelvic lock”, this *bandha* creates a connection between the mind and the base of the spine. When properly activated, it is greatly helpful in creating stability through the lower core, and except in the case of people with extremely unusual strength, it is all but essential in the performance of many arm balances and inversions.
2. ***Uddiyana bandha***: Sometimes referred to as a false inhale, this *bandha* creates a connection between the mind and the abdomen. It tends to enable greater access to abdominal engagement, and is used to help align and maintain integrity of the spine in a variety of postures.
3. ***Jalandara bandha***: Also known as “throat” or “chin lock,” this *bandha* creates a connection between the mind and the muscles of the neck and throat. When properly activated, it helps not only to elongate the cervical spine, but also to draw our attention and feeling-sense to our vocal chords, tongue and ears, i.e. our primary organs of verbal communication. Because of this, *jalandara bandha* can help stimulate reflection on the nature of our self-expression. It is typically only used in seated postures when practicing *pranayama* and/or meditation.
4. ***Maha bandha***: Also known as the “great lock,” this *bandha* creates a connection between the mind and the entire spine. It is accomplished by activating *mula*, *uddiyana* and *jalandara bandhas* simultaneously. There are a variety of claims about the effects of practicing *maha bandha*, including strengthening the autonomic nervous system, improving the function of vital organs, regulating the endocrine system and boosting the immune system, however scientific research focusing specifically on the benefits of practicing *maha bandha* is scarce. Like all other *bandhas*, when properly activated it tends to have a calming effect on the mind. It is typically only used in seated postures while practicing *pranayama* and/or meditation.
5. ***Hasta bandha***: Also known as “hand lock,” this *bandha* creates a connection between the mind and the hands, particularly when they’re pressing against the floor, as in downward dog, plank pose or handstand. When properly activated, this *bandha* can help to establish stability in hand-balancing postures.

6. ***Pada bandha***: Also known as “foot lock,” this *bandha* creates a connection between the mind and the soles of the feet. When properly activated, this *bandha* can help to establish balance and stability in any standing posture.

Even though the activation of most *bandhas* results in relatively small, and in some cases barely perceptible movement, they involve muscular engagement all the same. Understanding which muscles are involved in each *bandha* can help practitioners activate them effectively.

In the case of *hasta* and *pada bandha*, the muscles that are involved are the flexors of the hands and feet. When these *bandhas* are engaged, the practitioner will feel as if their hands and/or feet are trying to grip the floor (or whatever surface they’re in contact with).

{diagrams of hasta and pada bandha... coming soon}

In the case of *mula bandha*, the prime mover is the *levator ani*, which is a group of three small muscles—the *pubococcygeus*, the *puborectalis* and the *iliococcygeus*. Often referred to as “the pelvic floor,” these muscles connect to the front, back and sides of the lower pelvis. When engaged correctly, *mula bandha* feels like trying to stop yourself from going to the bathroom.

{diagrams of the levator ani/action of mula bandha... coming soon}

In the case of *uddiyana bandha*, the prime mover is the *diaphragm*. Contrary to the way it’s typically used, however, activating *uddiyana bandha* involves a deep contraction of the *diaphragm* without drawing an inhale. The resulting sensation is that of the ribcage expanding and the whole of the abdomen “vacuuming”, or being drawn in and up.

{diagram of diaphragm/action of uddiyana bandha... coming soon}

While the full expression of *uddiyana bandha* is typically used only in seated postures during certain *pranayama* practices, or during certain *kriyas* (cleansing exercises), a partial activation can go a long way toward enhancing and deepening the experience of virtually any posture.

Finally, in the case of *jalandara bandha*, it is the contraction of the sternocleidomastoid muscles that pulls the chin toward the chest, and in the case of *maha bandha*, it is the simultaneous engagement of all of the muscles that create *mula*, *uddiyana* and *jalandara bandhas* together.

{diagram of maha bandha... coming soon}

It is worth noting that many practitioners find it difficult to engage certain *bandhas* correctly, especially *mula* and *uddiyana*. This is to be expected, as these internal activations are not something most people are familiar with prior to practicing yoga. This, however, should not discourage them from trying, as there are great benefits to even a slight activation of all of the *bandhas* at the appropriate times. As with most things, with patience, time and consistent sincere effort, progress in one form or another is all but inevitable.

### 3. Drishti

Often forgotten about and sometimes overlooked altogether in the modern era is the concept of ***drishti***, or focused gaze. Literally translated as “vision” or “insight,” *drishti* refers to where we’re directing our attention—not only externally with our eyes, but also intentionally with our minds.

In terms of practice, *drishti* involves fixing one’s gaze in a specific direction or on a specific physical point. For example, in downward facing dog, the *drishti* is typically the navel; in warrior II, to the front hand or the horizon; and in seated meditation, to the tip of the nose or the third eye. Different traditions emphasize different *drishtis*, but the purpose is always the same: to help train the mind to stay steady, both on and off the mat.

As for why *drishti* is often left out of the modern posture practice, it is hard to know for sure, but it is sometimes taught that the true practice of *drishti* is meant to encourage practitioners to turn their attention inward toward the soul, and to their connection to the divine. Many people are comfortable with this perspective and find great value in it, but many others find it foreign and/or at odds with their own personal beliefs. Because of this, many yoga studios and teachers, especially in the west—in an effort to appeal to as wide an audience as possible—have increasingly begun to offer practices devoid of any language or symbolism that could be construed as being associated with Hinduism or Eastern spirituality. One consequence of this is the absence of *drishti* in many practices.

People sometimes debate whether any practice that’s not grounded in spirituality can technically be considered yoga, however this question is ultimately one that must be answered by each individual practitioner. As much as one could reasonably argue that the very notion of Self-realization implies spirituality, and that any practice that doesn’t include it is lacking in authenticity, it could just as reasonably be argued that yoga is for everyone, and since there are many people who don’t subscribe to Eastern spirituality, there must be practices that don’t include it.

Not everyone practices yoga to achieve peace of mind, but for those who do, their practice must on some level encourage a sense of open-mindedness and acceptance of different perspectives. But whether a person subscribes to Eastern

notions of spirituality or not, *drishti* is a powerful tool that when used properly can be immensely helpful to one's progress on the path of yoga.

**Anatomy of Drishti:** Unlike the breath and *bandhas*, which are both controlled by muscles, *drishti* is controlled by the mind itself, which functions somewhat like a muscle inasmuch as the less we use it, the weaker it becomes, and the more we use it the stronger it becomes—but only to a point. Just as our muscles need periodic rest in order to avoid becoming fatigued, our mind also needs rest or it too will become fatigued and cease to function optimally.

Incorporating *drishti* into a practice of yoga postures means making a conscious effort to focus our attention on one specific thing. In so doing we encourage our minds to take a break from their habitual tendency to jump constantly from one thought or point of focus to another. The more calm our minds become, the more clearly we tend to perceive everything, including ourselves. In this way, practicing with *drishti* helps us pay attention not only to what we're seeing, but how we're seeing it.

#### 4. Alignment

Another element that many people consider to be important in the practice of *yogasana* is the concept of alignment. This refers to arranging the body in a way that ensures safety and stability while maximizing the benefits of each posture and transition. Rather than trying to create a “perfect” shape, the idea of alignment is to focus on the individual practitioner's body and biomechanics, using targeted muscular engagements, specific joint positioning and, where appropriate, various props such as blocks, straps, blankets and bolsters to help create a functional and stable posture.

The principles of alignment are:

- **Safety first:** The primary goal of alignment is to prevent injury by ensuring that bones and joints are positioned correctly to reduce strain.
- **Function over form:** After safety, the second goal of alignment is help practitioners understand the biomechanics function of different muscles and joints in order to facilitate optimal movement.
- **Conscious muscle engagement:** Proper alignment is achieved by engaging the correct muscles or groups of muscles to support the bones and stabilize the joints.
- **Individualized approach:** Alignment is tailored to the specific body type and physical capabilities of each individual practitioner.

- **Mind-body connection:** The focus on precise physical alignment helps to steady the mind, fostering concentration and a deeper mind-body connection.

When utilized effectively, there is no doubt that the principles of alignment can help practitioners avoid injury, build strength and flexibility safely, and improve their body awareness and focus.

The challenge is that different people have different ideas about what constitutes proper alignment, and many traditional yogic principles are in conflict with modern movement science. For example, some schools teach that the knee of the front leg should never go beyond the ankle in warrior II, whereas modern biomechanics teaches that the knee is designed to go beyond the ankle, and therefore not only can but should go beyond the ankle. Likewise, some schools teach that you should never move from an externally rotated hip position to a neutrally rotated position while balancing on one leg, as in transitioning from half moon to warrior III, whereas modern functional mobility training teaches that the hip joint is designed to move in exactly this way, and therefore should be encouraged to express its natural range of motion.

Ultimately, the principles of alignment are well intentioned, but there is not a strong consensus as to what proper alignment actually means in every case. As with all practices, different approaches may suit some bodies better than others. It's worth exploring multiple perspectives to figure out what works best for each practitioner.

## 5. Modifications

A final element in the practice of *yogasana* is modification. This refers to the fact that essentially every posture can be modified in any number of ways to accommodate different injuries, physical limitations and other circumstances that may require a practitioner to adapt their practice to meet their body's needs.

For example, if someone has a sore wrist, a common modification for plank pose would be to do it on the knuckles of the fists, or on the forearms, rather than on the palms.

Another common modification, for someone with tight hips, is to bring the heel of the front leg closer to the opposite hip in pigeon pose, rather than forcing the shin to stay parallel to the front of the mat, which can put too much pressure on the knee.

Likewise, for people who don't have the strength to hold chaturagana, a common modification is to lower the knees from plank pose, and then bend the elbows.

It is important to understand that a modified posture is not in any way “less than” the traditional way. Quite the opposite, in fact. Adapting postures to meet the body’s needs is an intelligent way to practice, and in most cases will be more effective than doing things the “traditional” way.

Another important thing to understand about modifications is that even though virtually every posture can be modified to accommodate a wide variety of needs, there may be certain postures that some students on a given day should avoid altogether, in which case the appropriate modification is simply not to do it.

The more students understand about modifications, the more likely they are to learn that practice can always meet them where they are—whether they’re dealing with an injury, short on time, low on energy or any number of other circumstances that might otherwise cause them to think they can’t practice on a given day.”

•••

Together, breath, *bandhas*, and *drishti* form the subtle architecture of *yogasana*, and when combined with the principles of alignment and the right modifications, these elements help to turn postures from mere physical exercise into a living, transformative practice for body, mind and spirit.

It is important to emphasize that for most people, mastery of these elements takes time, consistency and effort. But that should not discourage practitioners, as many postures can still be practiced safely and to a certain degree effectively even without incorporating all of the elements. The more practitioners learn to incorporate the appropriate elements at the appropriate time, the more benefits they are likely to derive from their practice.

## Myths & Misconceptions

As yoga has grown in popularity, it has received increasing exposure in pop culture, as well as in news outlets and on social media—and not always in a way that is accurate. The combination of this with the proliferation of certain older teachings that have since been disproven by modern science has created a variety of myths and misperceptions about yoga. Clarifying what’s true and what isn’t not only helps prevent misunderstandings, but also opens the door to experiencing yoga in its full depth and accessibility.

Some of the more common myths and misconceptions are:

- **You have to be flexible to practice yoga:** Contrary to popular belief, yoga does not require flexibility. It can certainly help people to become more flexible, but in no way does a person need to be flexible to practice yoga. In fact, in many cases, people who are less flexible may experience more benefit than people who are very flexible, since people who are very flexible may not have to

concentrate or manage any discomfort in positions that are much more challenging for people who are not as limber.

- **Yoga is just stretching:** It is true that many yoga postures involve stretching, but whereas the purpose of stretching itself is generally to relieve stress and/or become more flexible, the goal of practicing yoga postures is to cultivate a greater sense of self-awareness. The act of stretching in yoga is ultimately a tool to help practitioners become more aware of their own minds, and the effect of external stimuli on them.
- **Yoga is not a workout:** There is no question that some forms of yoga do not qualify as a workout, however there are many forms that do. Depending on which style a person practices and how hard they're willing to work, certain yoga practices have been known to be among the most challenging workouts a person can do. At the same time, it is often said that whether a practice is very gentle or extremely vigorous, yoga is ultimately about "working in" rather than "working out."
- **The more challenging the pose, the more advanced the yogi:** Whether because of marketing images or natural human competitiveness—or both—many people are under the impression that being able to do "advanced" postures means being a better yogi, or somehow better at yoga, than someone who is not able to do such difficult postures. This is simply not true. In fact, in many cases the opposite is true. There are some people who are unusually strong and flexible and are able to perform certain "advanced" yoga postures with relative ease, but who may struggle to find peace of mind, or to live in accordance with yogic values. Conversely, there are many people who are not particularly strong or flexible who have learned through their practice to have a peaceful mind and to live an integrated yogic lifestyle. This is much more of an indicator of someone who has an advanced practice than someone who simply has the ability to perform advanced postures. That said, for some people, learning how to perform postures that require unusual levels of strength and/or flexibility can be hugely beneficial in terms of helping them cultivate a calm mind and the ability to live a yogic lifestyle.
- **Yoga detoxes the body:** Many schools teach that certain yoga postures detoxify specific organs, or the body in general. While these claims are not supported by science, it is true that yoga can help to support the body's natural detoxification process by improving circulation, enhancing digestion and excretion, and stimulating both sweat production and the lymphatic system.

Essentially there are two kinds of toxins found in the body: **Endotoxins**, which are byproducts the body makes, such as lactic acid, carbon dioxide, urea and feces; and **exotoxins**, which come from outside the body, such as chemicals from cleaning products and cosmetics, pesticides on food and pollutants from the air or water.



The body's main organ of detoxification is the liver, though the kidneys, lungs, intestines and skin also contribute to the process. As long as these organs are healthy, the body will naturally rid itself of most toxins. Though yoga postures can help to support the healthy functioning of the body's natural detoxification systems, they have not been scientifically proven to be more effective at this than other forms of exercise. Nor have yoga postures proven to be an adequate substitute for other things that support the body's natural detoxification systems, such as eating a healthy diet, staying hydrated, getting enough sleep and abstaining from drinking alcohol, smoking cigarettes or consuming other substances that are toxic to the body.

- **Yoga is only for women:** While it is true that yoga is significantly more popular among women than men, it is in no way exclusively for women. In fact, prior to being introduced to the west, yoga was traditionally considered to be exclusively for men. As it became viewed less as a purely spiritual practice and more as a form of wellness, it exploded in popularity among women, though in recent years the number of men practicing yoga in the west has risen considerably.
- **Women should not practice yoga when they're menstruating:** Some yoga traditions hold that women should not practice yoga postures, especially inversions, while menstruating, however modern science suggests there is no health-related basis for these beliefs. In fact, many yoga postures can help relieve symptoms like cramps, bloating and mood swings by releasing endorphins and balancing the nervous system. That said, even though there are no contraindications against practicing while menstruating, practitioners are always encouraged to listen to their bodies and avoid any postures or movements that don't feel good on a given day. Ultimately, the choice of whether and how to practice while menstruating is personal and should be guided by each individual's comfort and intuition.
- **Yoga is a Hindu practice:** While yoga evolved out of a Hindu culture, it is not affiliated with Hinduism or any other religion, nor is it opposed to any religion. Yoga encourages faith, community and selfless service, and as such works to support the religious beliefs of all practitioners, so long as those beliefs do not involve causing harm to anyone.
- **Yoga is expensive:** In order to pay their rent, as well as their teachers, many yoga studios have to charge rates that are out of reach for some people. At the same time, there are many "yoga products"—from mats and clothing brands to retreats and teacher trainings—that carry what some consider to be high price tags. Because of this, many people are under the impression that you have to be rich to practice yoga. Though it is understandable how someone could get this impression, it is simply not true. There are many free and donation-based classes, both online and in person. And though you would never know it from the many marketing images meant to sell various mats and "yoga clothes", these

things are not at all necessary to practice yoga postures. In terms of material requirements, all that is needed is a more-or-less even surface that's comfortable to sit, stand and lie down on, and clothing that allows the body to move comfortably. Everything else is extraneous, as yoga, at its core, requires nothing more than body, breath, awareness and a desire to practice.

## Styles

As mentioned previously, there are many styles of postural yoga. While no one style is inherently better than another, certain styles are typically better suited for different individuals, depending on their needs and capabilities.

Because every teacher brings their own unique personality and perspective, it is not uncommon for different teachers of the same style to offer somewhat different—and in some cases very different—experiences, but in general the most commonly practiced styles of postural yoga in the world today are:

- **Hatha:** Originally, *hatha* yoga referred to a style of practice that combined physical postures, breathing exercises, *mudras* (symbolic hand gestures) and *kriyas* (purification techniques) to help prepare the mind and body for deeper states of meditation. Today, *hatha* yoga is mostly used as an umbrella term to refer to any style of practice that involves postures and often some form of breathing exercises and/or meditation. Depending on the style and teacher, *hatha yoga* practices can vary widely.
- **Iyengar:** A precise, alignment-focused style of *hatha* yoga developed by B.K.S. Iyengar in the 1960's. The practice emphasizes detailed anatomical instructions, long static holds, and controlled breathing to help students build strength, stability and flexibility. Iyengar yoga often incorporates the use of props to help students achieve the ideal form for their body, and in many cases encourages a period of rest between postures to let the body and nervous system integrate the work of each individual posture. Because of this, it often appeals to older practitioners, but it can be very effective for younger practitioners, as well.
- **Ashtanga:** Traditionally, ashtanga was a vigorous and rigorous form of *hatha* yoga developed by Pattabhi Jois in the 1960's and '70's. In its original form, ashtanga involved four different sequences of postures that progressed in difficulty, and that practitioners were meant to practice in the same order every time, only advancing to the next posture or sequences once they had accomplished the one preceding it. Today there are six sequences, and because of the high degree of strength and flexibility required to accomplish all—or even most—of the postures, ashtanga is typically thought of as a very physically intense form of practice that tends to appeal to high-energy, competitive types. But while some practitioners still adhere to the traditional ashtanga method, many teachers in recent years have begun encouraging a softer approach,

allowing students to skip postures that don't work for their bodies, and to adapt the traditional sequences in ways that can be less intense and even therapeutic. This has helped to bring ashtanga to a wider audience.

- **Power Yoga:** A contemporary style of *hatha* yoga that combines physical fitness with mindfulness. Derived primarily from ashtanga yoga, though far less rigid in its approach and not quite as demanding in terms of strength and flexibility, power yoga is a dynamic and vigorous form of practice that often incorporates elements of other modern fitness modalities. Because of this, classes can vary widely in sequence and intensity, offering a diverse experience and appealing to a wide variety of practitioners.
- **Vinyasa/Vinyasa Flow:** A contemporary style of *hatha* yoga that emphasizes fluid transitions between postures coordinated with the movement of the breath. Based on the concept of *vinyasa*, meaning “to place in a special way”, vinyasa flow classes can vary in difficulty, as teachers are free to customize their sequences to the abilities and preferences of their students. Most practices, however, tend to be dynamic and challenging, inviting students to move mindfully with their breath as they ‘flow’ from one posture to the next.
- **Vinyasa Krama:** Similar to vinyasa flow, only with a more structured approach. The Sanskrit word *krama* means “succession”, “progression” or “process.” Thus, vinyasa *krama* involves thoughtfully and intelligently sequenced practices designed to prepare the mind and body for a specific goal—usually a challenging posture and/or the cultivation of a certain quality, such as resilience, patience, grace or any number of other possibilities. Derived from the teachings of Krishnamacharya, vinyasa *krama* is in many ways the root of most modern postural yoga practices. At the same time, those same practices have since influenced the way vinyasa *krama* is taught by introducing not only certain postures and ways of sequencing, but also certain principles of alignment and physiology that were in all likelihood not taught by Krishnamacharya.
- **Jivamukti:** A physically challenging, spiritually focused style of yoga that combines elements of traditional *hatha* practice with aspects of *bhakti* (devotion). Founded by David Life and Sharon Gannon in New York City in 1984, Jivamukti is based on five philosophical tenets: *shastra* (scripture study), *bhakti* (devotional chanting), *nada* (music as a tool for spiritual uplift), *ahimsa* (non-violence), and *dhyana* (meditation). More so than many other forms of posture-based yoga, Jivamukti emphasizes living a yogic lifestyle as an integral part of the practice.
- **Rocket:** A dynamic style of *hatha* yoga that combines elements of traditional ashtanga yoga with playful transitions and an emphasis on inversions and arm balances. Developed in the 1980's by Larry Schultz, a student of Pattabhi Jois who wanted to create a less rigid, more accessible version of the practice, Rocket encourages modifications and a sense of adventure. The name “Rocket

Yoga” was given to the style by Bob Weir of The Grateful Dead, who said it described the feeling of being propelled through the sequence.

- **Anusara:** Based on the principles of Iyengar yoga and incorporating elements of Tantra and Hindu spirituality, Anusara is an energetic-alignment based style of *hatha* yoga that was developed in the late 90’s by John Friend. Though many practitioners found—and continue to find it to be—a very effective practice, Anusara’s popularity declined drastically when it was revealed that John Friend had engaged in inappropriate relationships with many of his students. Despite this, many teachers continue to teach Anusara-inspired alignment principles, most often in various power and vinyasa krama classes.
- **Bikram:** Created in the 1970’s, Bikram is a strenuous style of *hatha* yoga that involves performing a fixed sequence of twenty-six postures and two breathing exercises, repeated twice, in a room heated to 104°F (40°C). The style became hugely popular, with over 1,600 studios opening in forty countries by 2006. In 2013, however, many teachers and students began to distance themselves from the lineage when its founder, Bikram Choudhury, was accused of sexual assault and misconduct by several of his students. Today, many studios offer what they called “26 and 2”, which is the Bikram sequence without the Bikram name.
- **Hot Yoga:** A modern style of *hatha* yoga that is usually either power yoga, vinyasa flow or a combination of the two in a heated room, typically between 90-105°F (32-42°C). The high temperature makes the practice more intense both physically and mentally, increases sweat production, which can aid with detoxification, and can help loosen muscles and improve flexibility.
- **Viniyoga:** A modern *hatha*-based style of yoga that emphasizes adapting practices to each individual’s unique needs and abilities, rather than a one-size-fits-all model. Developed in the 1970’s by T.K.V. Desikachar, the son of Krishnamcharya, viniyoga takes a wholistic approach to yoga, considering not only the practitioner’s body, but also their mind, psyche and spirit, and using yoga’s various tools—asana, pranayama, meditation, mantra, etc.—in a way that is appropriate and beneficial to each individual.
- **Integral:** A *hatha*-inspired system of yoga that aims to integrate all aspects of the human being—physical, mental, emotional and spiritual—to achieve spiritual realization. Founded by Swami Satchidananda, who brought the practice to the west in the 1960’s, it incorporates not only *asana*, *pranayama*, *mantra*, *kriya* and meditation, but also *seva*, being of service to others.
- **Sivananda:** Another holistic, *hatha*-based style of yoga that incorporates postures, pranayama and meditation. Founded by Swami Sivananda, who established the first Sivananda ashram in India in 1932 and subsequently brought his teachings to the west in 1957, the practice is known for being gentle,

making it accessible to people of all levels. Similar to Integral yoga, Sivananda yoga incorporates selfless service as a means of spiritual development.

- **Restorative:** A specialized form of *hatha* yoga that focuses not on stretching or strengthening, but on relaxation and stress reduction. It involves holding various passive postures, often with the support of props such as blankets, bolsters and blocks, for anywhere from 5-20 minutes per posture, and often encourages mindfulness and gratitude to help cultivate a sense of inner peace.
- **Yin:** Another specialized form of *hatha* yoga that involves holding postures for long periods of time, usually 3-5 minutes. Unlike restorative yoga, however, yin is a more intense practice that incorporates active stretching meant to target the body's connective tissue—tendons, ligaments and fascia. Also, yin sometimes uses props, but not nearly as much as restorative. Though it does promote relaxation, the focus in yin is on improved flexibility, mobility and joint health, as well as a deeper sense of self-awareness.
- **Prenatal:** A gentle form of *hatha* yoga designed specifically for pregnant women, incorporating various stretches, breathing techniques and basic standing postures meant to help relieve tension and discomfort, as well as build strength, stamina, flexibility and balance while at the same time encouraging relaxation and connection with the baby. Essentially, the goal of prenatal yoga is to help the mind and body adapt to changes during pregnancy, and also prepare them for labor and postpartum recovery.
- **Kripalu:** A modern variation of *hatha* yoga that emphasizes harmony between body, mind and spirit. First brought to the United States by Amrit Desai, better known as Gurudev, in the 1950's, Kripalu, which means "to be compassionate", encourages an attitude of kindness to one's own self and others, both on and off the mat.
- **Kundalini:** A specific and somewhat complex form of *hatha* yoga that focuses on awakening the kundalini energy, which is said to be a powerful spiritual force that lies dormant at the base of the spine. Though most kundalini practices incorporate various movements, they many use *kriyas* (cleansing exercises) instead of traditional *yogasanas*. Most kundalini practices also incorporate various *mantras*, *mudras* and meditations designed to activate the kundalini energy, at which point it is believed to rise up the spine into the brain and beyond to the crown chakra, leading to elevated states of consciousness.
- **Acroyoga:** A modern, partner-based practice that blends elements of *yogasana* and acrobatics with Thai massage. In addition to building strength and balance, acroyoga encourages communication, trust, connection and a sense of playfulness. Practices can range from extremely challenging and invigorating to deeply relaxing and therapeutic.

- **Yoga Therapy:** While not a style of yoga, per se, yoga therapy is a process of applying the tools and philosophy of yoga, such as movement, breathwork, meditation and relaxation, to empower individuals to address specific physical, mental and/or emotional health conditions. Unlike most yoga classes, a yoga therapist provides a personalized assessment to create a customized regimen of yoga practices aimed at supporting an individual's well-being, assisting with healing and providing self-care tools for a wide range of health challenges.

While each of these traditions has its own emphasis—whether on alignment, moving with the breath, building strength and/or flexibility, introspection or healing—they all belong to the broader landscape of postural yoga. Rather than a lack of cohesion, the diversity of styles reflects yoga's adaptability across time, culture, and individual needs. Some approaches lean heavily on tradition while others innovate freely; some are rigorous and athletic, others restorative and meditative. What unites them is the intention to use the practice of yoga postures as a pathway not only toward better health and well-being, but also greater awareness. For students and teachers alike, exploring different styles can be an invaluable way to discover new perspectives and ways of approaching the practice, while also cultivating a deeper appreciation for the shared roots that connect them all.

## The Practice of Pranayama

*“Pranayama is the heart of yoga.  
Yoga is lifeless without pranayama.”*

— *Hatha Yoga Pradipika, III.1*

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Breath is one of the most direct bridges between body and mind, and in many yoga practices it is the primary tool of transformation. The word *pranayama* refers to a wide range of breathing techniques that have the potential to influence our physical, mental, emotional and psychological state. This chapter explores the foundations of *pranayama*, from its purpose and principles to its benefits and precautions, as well the effects of different techniques on the mind and body.

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In virtually all of the ancient yoga texts—from the *Bhagavad Gita* and the *Yoga Sutras* to the *Hatha Yoga Pradipika*, as well as many of the *Upanishads*—the practice of *pranayama* is presented as integral to the larger practice of yoga. Despite this, most modern yoga classes devote only a few minutes to it, if at all. The reasons are many: Few teachers are deeply trained in *pranayama*, its subtle internal effects lack commercial appeal and many of its supposed benefits are related to concepts of subtle energy and spirituality—i.e., things that are not only foreign to many people, particularly in the west, but that are also difficult, if not impossible, to measure.

After more than a century, though—if not many centuries—of being largely overlooked, there are signs that a shift is perhaps underway.

Beginning in the late 2000’s and early 2010’s, major epidemiological studies began recording significant upticks in the prevalence of anxiety, depression and other mental health disorders among all age groups and across all demographics. Some populations have been affected more than others, in particular adolescents, women and those with limited access to care, but most experts agree that the situation constitutes a global crisis—one that was only exacerbated by the Covid-19 pandemic.

Though this epidemic has brought many challenges, one positive outcome is that it has caused many people to become increasingly aware of the value not only of physical, but of mental and emotional health, as well. This, in turn, has led to a huge rise in popularity of “**breathwork**”—an umbrella term for a variety of breathing techniques that offer various physical, mental and in some cases psychological health benefits. According to recent

market analyses, the global breathwork industry—including studios, retreats and apps—has grown from being too small to measure in 2019 to just over \$US 3 billion in 2025.\*

It is important to understand, however, that while all *pranayama* involves breathwork, not all breathwork involves *pranayama*. There is often overlap in terms of both technique and benefits, but many modern breathwork practices—such as Wim Hof, Buteyko, Rebirthing and Holotropic, to name a few—draw from outside of yoga and have different methods and objectives than traditional *pranayama*.

That said, while there is currently no way to measure exactly how many people practice *pranayama*, it is likely that the rise in interest in breathwork practices has also led to a rise in the number of people who have begun practicing some form of *pranayama* since 2019. And the more research is done, the more interest is generated, as there is a growing body of evidence to suggest that *pranayama* is not only highly effective at improving many aspects of mental, emotional *and* physical health, but also that there may in fact be a scientific basis for the energetic and spiritual benefits extolled by the ancients.

## Definition, Purpose and Benefits

In simple terms, *pranayama* is the yogic practice of consciously regulating the breath to influence mental and physical states. Its primary purpose is to strengthen the mind-body connection and prepare the practitioner for deeper meditation, though depending on how it's approached it can serve a variety of different needs.

**Core Benefits:** Even though most styles of *pranayama* have their own unique effects, from a **physical, mental and emotional perspective**, there are certain core benefits that have been shown across virtually every technique. They are as follows:

- **Physical**
  - **Increased cardiovascular function:** *Pranayama* helps to lower blood pressure, reduce resting heart rate over time, and increase heart rate variability (HRV).
  - **Increased respiratory efficiency:** *Pranayama* increases lung capacity and improves oxygen exchange.
  - **Increased nervous system regulation:** *Pranayama* helps to balance the autonomic nervous system, reducing sympathetic overdrive (fight or flight) and stimulating parasympathetic activity (rest and digest). Most techniques also improve vagal tone, leading to improved digestion and immune function.
  - **Increased vitality** - Most people who practice *pranayama* regularly report an increase in both energy levels and quality of life.
- **Mental & Emotional**



- **Stress reduction:** Multiple randomized control trials (RCT's) have shown that *pranayama* decreases cortisol (a stress hormone) and self-reported stress levels.
- **Anxiety & depression relief:** Many studies have shown that *pranayama* reduces anxiety and depression and improves mood.
- **Increased cognitive function:** Multiple studies suggest *pranayama* enhances focus, memory and executive function, such as decision making and planning.
- **Increased emotional regulation:** *Pranayama* has been shown to increase activity in the pre-frontal cortex, which is associated with mental calm and self-awareness.

In addition to these core benefits, many *pranayama* techniques have also been shown to improve sleep quality. And while further research is needed, some studies have also shown different *pranayama* techniques to be helpful in treating and/or reducing symptoms in a variety of other conditions, including asthma, hypertension, diabetes, PTSD and addiction.\*

**Energetic Benefits:** From a **subtle energy perspective**, the traditional purpose of *pranayama* is to purify the *nadis* (energetic channels) in order to regulate and direct the flow of *prana* (vital energy) within the body. Given that both *nadis* and *prana* have yet to be scientifically proven to exist, this claim is currently impossible to verify or deny, however, as noted above, personal testimony from many practitioners over many years indicates overwhelmingly that practicing *pranayama* can, and frequently does lead to an increased sense of vitality.

**Spiritual Benefits:** *Pranayama* is often described as being a bridge between the physical or “outer” practices (*yama*, *niyama* and *asana*) and the meditative or “inner” practices (*pratyahara*, *dharana*, *dhyana* and *samadhi*). Thus, from a **spiritual perspective**, the purpose of *pranayama* is to prepare the practitioner for meditation, and ultimately for self-realization.

But while self-realization is also something that cannot currently be proven or measured scientifically, modern research suggests that the practices of both *yogasana* and *pranayama* have a measurably beneficial impact on the brain stem and cerebellum, which govern, respectively, our survival functions, as well as our sense of balance and motor functions.

At the same time, emerging research suggests possible correlations between contemplative and devotional practices—such as self-study (*svadhyaya*) and surrender to the divine (*Ishvarapranidana*)— and activity in areas of the brain linked to emotional regulation, memory and empathy.

Taken together then, there is an emerging hypothesis that the practices of *yogasana*, *pranayama*, *svadhyaya* and *ishvarapranidana* can lead to an experience known as **whole-**

**brain coherence**—i.e., “a state of connectivity, self knowing and total integration”\* — which is, perhaps, Self-realization.

## Historical Summary

In the classical approach to *pranayama*, controlling the breath was seen as a way to regulate *prana*. Regulating *prana* was seen as the way to steady the mind, and steadying the mind was considered the key to realizing the Self.

Over time, the practice of *yogasana* developed as a means of helping practitioners prepare the body for *pranayama*, but the ultimate goal of yoga was still considered to be Self-realization.

It wasn't until many years later that scientists began to study yogic practices and discover that both *yogasana* and *pranayama* offer a wide variety of physical and mental health benefits outside of the traditional aim of spiritual liberation.

For a variety of reasons (see Chapter 1), *yogasana* began to take center stage in the early 1900's. The more this trend continued over the next hundred-plus years, the more *pranayama* began to become treated as optional in the modern practice.

As rates of mental and emotional health disorders have risen in recent years, however, more people have begun to show interest in *pranayama*. At the same time, even though it is likely that most of the people who are currently practicing *pranayama* do so for the physical and/or mental health benefits, the more research is done, the more modern science seems to be confirming that it can also help practitioners realize the energetic and spiritual goals of classical yoga as well.

## Elements

Just as there are certain elements that contribute to an effective *yogasana* practice, there are also certain elements that contribute to an effective *pranayama* practice. To present an exhaustive list, however, is beyond the scope of this guide. In addition to the ancient texts, many other works explore the nuances of *pranayama* in depth. Together they offer a vast amount of information on technique and application. To attempt to present it all would be impractical.

Instead, the aim of this guide is to present what are widely considered—based on both traditional teachings and modern science—to be the core elements of an effective *pranayama* practice. For those who are interested in a deeper study, a list of resources is provided in Appendix B.

In brief, the core elements are as follows:

## 1. Preparation

- **Environment:** A quiet, well-ventilated space, free from distractions, is considered ideal. For many people in the modern world, such conditions can be hard to find. In these cases, practitioners are encouraged to practice non-attachment, and simply work with the best available options.
- **Cleansing:** Practitioners are encouraged to bathe prior to practicing. This not only purifies the body externally, it also helps relax the nervous system and prepare the mind for contemplation. Many texts also advise cleansing the nasal passages with a *neti* pot.
- **Posture:** A comfortable, steady seat is considered ideal. Those who are unable to sit comfortably on the floor (or on a blanket, cushion or block) may sit upright on a chair with the feet flat on the floor. For practitioners who are unable to sit in a chair, lying across a bolster is advised to maintain spinal alignment.
- **Mindset:** Traditionally, practitioners are encouraged to approach *pranayama* with alertness and humility—qualities essential to realize its deeper aims. For practitioners without spiritual goals, an attitude of patience and curiosity is considered ideal.

## 2. Technique

- **Awareness of breath:** *Pranayama* should never become mechanical. As much as possible, practitioners are encouraged to attend fully to the sound, rhythm and texture of every breath. Some techniques also involve noticing the taste and temperature of the breath.
- **Components of breath:** Traditional *pranayama* involves three phases—inhalation (*puraka*), exhalation (*rechaka*) and retention (*kumbhaka*)—though not all techniques include extended retentions. Practitioners are encouraged to perform each phase smoothly and without strain.
- **Progressive approach:** It is generally advised to begin with short practices and simple techniques (such as equal ratio or alternate nostril breathing) and progress gradually to longer practices and more advanced techniques.
- **Bandhas:** Classical *pranayama* often incorporates the application of *bandhas* (energetic locks) at different phases of the breath cycle. These are said to influence the flow of *prana* through the *nadis* and help focus the mind. Whether these claims are true or not is currently impossible to prove scientifically. While further studies are needed to determine the impact of *bandhas* on the overall effects of practice, it is likely that practitioners will still experience most of the physical, mental and emotional benefits without applying *bandhas*, though their inclusion may enhance and/or refine certain benefits. It is also possible that other benefits may only be experienced through the application of *bandhas*.

### 3. Regulation of Effort

- **Gentleness over force:** The breath should never be strained in *pranayama*. Even in practices involving rapid inhalations and exhalations, such as *kaphalabati* and *bhastrika*, movements of the diaphragm should remain steady and controlled rather than forced.
- **Release of tension:** As much as possible, practitioners are encouraged to relax the muscles of the face, jaw and shoulders while maintaining an upright posture. Some texts even advise keeping the skin itself soft and relaxed.
- **Consistency:** Daily, moderate practice is considered more effective than infrequent, intense sessions.

### 4. Inner Orientation

- **Withdrawal of the senses:** One of the primary aims of *pranayama* is to direct awareness inward, encouraging the mind to observe itself. Practitioners are therefore encouraged to withdraw attention from external stimuli and focus it within.
- **Attitude of gratitude:** Though not specifically listed in any of the ancient texts, consciously cultivating a sense of gratitude—for anything and everything—has been shown to reduce stress and improve focus. This, in turn, helps to regulate the breath and align the practitioner with the traditional aims of *pranayama*.

### 5. Safety & Guidance

- **Respecting limits:** *Pranayama* practice should always be free of pain, dizziness and anxiety.
- **Teacher support:** The guidance of a skilled teacher is invaluable for refining subtle aspects of technique and avoiding ineffective or harmful patterns.
- **Health considerations:** Those with conditions such as hypertension, asthma, PTSD, anxiety or physical injury may need to modify their practice accordingly.

Perhaps the most important thing to understand about *pranayama* is that it's not only about breathing techniques—it's about context, approach and attitude. The more students learn to integrate and work with these core elements, the more likely they are to develop a practice that is both effective and transformative.

### Myths and Misconceptions

Just as there are myths and misconceptions about *yogasana*, there are also a variety of misunderstandings about *pranayama*. Some of the most common are:

1. **Pranayama is dangerous:** It is sometimes said that *pranayama* can induce long term psychological disorders. If there is any evidence that this claim is true, it has yet to be made widely known. There is some evidence, however, that *pranayama* can occasionally trigger short term psychological imbalances (such as anxiety, panic or dissociation), and sometimes also short term physical imbalances (such as dizziness or fainting), but only if practiced improperly—i.e., in a way that is too intense and/or inappropriate for a given practitioner. This is one of the main reasons a qualified teacher is considered essential.
2. **Pranayama is not for beginners:** While it is true that certain advanced techniques may not be appropriate for beginners, the only requirement to be able to practice basic *pranayama* is the ability to breathe consciously. Developing a mature *asana* practice can be helpful in cultivating a more effective *pranayama* practice, but it is not necessary to begin.
3. **The longer someone can hold their breath, the better they are at *pranayama*:** *Pranayama* is not a competition. The measure of someone's skill is in their ability to regulate the breath in a way that addresses their own needs and helps to bring them greater physical well-being and mental calm, not in their ability to breathe deeper or hold their breath longer than anyone else.
4. **It takes a long time for *pranayama* to have an effect:** While it can take years to master the many aspects of *pranayama*, most people will begin to experience benefits relatively quickly as long as they are consistent with basic practices.
5. ***Pranayama* is just breathing exercises:** As previously mentioned, all *pranayama* involves breathing exercises, but not all breathing exercises are *pranayama*. Breath is the tool that *pranayama* uses, but the practice is ultimately about deepening awareness, balancing energy and preparing the mind for meditation.

Most of the misconceptions about *pranayama* are based on an oversimplification of the practice, or mystifying it as something esoteric and potentially harmful. In reality, it is a nuanced but accessible practice that integrates body, mind and vital energy.

## Techniques

There are many techniques of *pranayama*, each with their own purpose, and many with their own unique effects beyond the core benefits listed above. As with the many different styles of *yogasana*, no one style of *pranayama* is inherently better than another. The best *pranayama*, like the best yoga posture practice, is the one that meets the needs of the practitioner.

The purpose of this section is to offer an overview of some of the most commonly practiced styles of *pranayama*, including their purpose and any unique benefits, as well as general cautions. They have been grouped into categories based on their primary effect, though it's important to recognize that most *pranayamas* overlap across categories because each technique can influence the nervous system in different ways depending on how it's practiced (duration, intensity, attitude, etc.).

### Balancing:

1. ***Samavritti*:** Also known as “equal-ratio” or “box” breathing, this technique involves making all four phases of the breath—inhale, retention after the inhale, exhalation and retention after the exhale—equal in duration.
  - **Purpose:** To promote equanimity and help prepare the mind and body for more advanced *pranayama* techniques
  - **Unique benefits:** None that are widely known beyond the core benefits.
  - **Common applications:** Because of its simplicity and effectiveness, *samavritti pranayama* is often used by athletes, the military and other individuals who work in high-stress environments to help promote rapid calm under pressure. It is also commonly recommended as a good practice for beginners to help prepare their minds and bodies for more advanced techniques.
  - **Cautions:** People prone to anxiety should avoid long retentions until they feel comfortable with them.
2. ***Visamavritti*:** Also known as “ratio” breathing, this technique involves making the four phases of the breath unequal in duration, typically using ratios such as 1:2:3:1 (meaning inhale for a 4 count, hold for an 8 count, exhale for a 12 count and hold again for a 4 count). There are many variations of *visamavritti*, but most of them involve making the exhale longer than the inhale. This particular variation is sometimes called “resonance” breathing and can be done with or without breath retentions.
  - **Purpose:** By introducing intentional irregularity, *visamavritti pranayama* is meant to help strengthen the practitioner's nervous system, lungs, diaphragm and ability to focus.
  - **Unique benefits:** More research is needed to understand if there are specific benefits to different breathing ratios, but in general extended exhalations have been shown to be particularly effective at reducing blood pressure and increasing heart rate variability (HRV).
  - **Common applications:** Often used clinically for stress management and hypertension, *visamavritti* is also a commonly

recommended as a good intermediate practice after getting comfortable with *samavritti*.

- **Cautions:** Ratios should be built up gradually in order to minimize strain on the lungs, diaphragm and nervous system.

3. **Viloma:** Also called “interrupted” breathing, this technique involves pausing the breath at intervals, either during inhalation, exhalation or both. For example, inhale partially, pause, inhale again, pause, and so on until the lungs are full. The same can be done on the exhale.

- **Purpose:** Used primarily as a way to increase awareness of the breath cycle and train the diaphragm to regulate the gradual expansion and contraction of the lungs.
- **Unique benefits:** Has been shown to be particularly effective at reducing anxiety.
- **Common applications:** Often used in yoga therapy to help treat asthma and long Covid. It is also considered a good practice to help beginners cultivate patience, endurance and discipline for more advanced practices.
- **Cautions:** Generally considered safe for most practitioners.

4. **Nadi Shodana:** Commonly referred to as “alternate nostril” breathing and literally translated as “nerve cleansing”, this technique involves using the thumb and ring finger of the right hand to breathe in first through the right nostril and out through the left, then inhale through the left nostril and exhale through the right. It is often done with ratios and retentions. According to Mr. Iyengar, it is “the most difficult, complex and refined of all *pranayamas*... the ultimate in sensitive self-observation and control.”\*

- **Purpose:** Meant to balance the *ida* (solar) and *pingala* (lunar) *nadis* and awaken the *shushumna*, paving the way for an expansion of consciousness.
- **Unique benefits:** EEG studies suggest that *nadi shodana* can lead to improved inter-hemispheric communication and synchronization in the brain, making it particularly effective at improving cognitive function.
- **Common applications:** Typically used to help reduce stress, improve cognitive function and focus, lower blood pressure and improve sleep quality.
- **Cautions:** Generally considered safe for most practitioners, but generally advised not to practice *nadi shodana* until becoming comfortable with more basic *pranayamas*.

### Energizing:

1. **Ujjayi:** As mentioned in the previous chapter, *ujjayi* means “breath of victory” and is accomplished by making a soft whistling sound in the

back of the throat on both the inhalation and exhalation. *Ujjayi* can be practiced with or without retentions.

- **Purpose:** The main purpose is to help stabilize and focus the mind. Traditionally *ujjayi* was also said to build heat to help purify the body, and confidence to help the practitioner overcome whatever obstacles they may encounter.
- **Unique benefits:** None that are widely known beyond the core benefits.
- **Common applications:** Typically used in the practice of yoga postures and taught as an introductory practice for beginners, though it is also commonly practiced by seasoned practitioners. If done slowly, it can also be used as a calming practice.
- **Cautions:** Not recommended for people with uncontrolled high blood pressure or severe respiratory conditions.

2. **Bhastrika:** Also known as “bellows” breath, this technique involves exhaling quickly and forcefully, then immediately inhaling quickly and forcefully, as if pumping the lungs like a bellows. Unlike most other *pranayama* techniques, which are done slowly and for a longer period of time, the breathing in *bhastrika* is rapid and meant to be done in small doses, interspersed with longer, slower *ujjayi pranayama*.

- **Purpose:** To energize the mind and body.
- **Unique benefits:** Stimulates digestion, also increases sympathetic nervous system activity (higher heart rate and blood pressure), but only in the short term.
- **Common applications:** Considered a good practice anytime the mind or body are feeling sluggish and need to be roused.
- **Cautions:** Not advised for pregnant women. Can also trigger anxiety in sensitive individuals.

3. **Kapalabhati:** Also known as “breath of fire” or “skull shining” breath, this technique is similar to *bhastrika*, only instead of continuous rapid exhalations and inhalations, there is a brief retention after the exhale in *kapalabhati*, followed by a slow, passive inhale. Traditionally considered a *kriya* (cleansing ritual) instead of a *pranayama*, it became widely accepted as a *pranayama* in the modern era.

- **Purpose:** To cleanse the respiratory passages, energize the body and awaken clarity of mind.
- **Unique benefits:** Has been shown to be particularly effective at reducing symptoms of anxiety and depression.
- **Common applications:** Similar to *bhastrika*, it is a stimulating practice meant to awaken vital energy in the mind and body.
- **Cautions:** Not recommended for pregnant women, or people with hypertension, epilepsy or heart disease.



4. **Surya Bhedana:** Also known as “sun piercing breath,” this is a single-nostril breathing technique where the ring finger of the right hand covers the left nostril so that the inhale happens only through the right nostril. The thumb of the right hand then covers the right nostril as the ring finger releases to allow the exhale to happen only through the left nostril.
- **Purpose:** Meant to energize and warm the body and stimulate the mind.
  - **Unique benefits:** More research is needed, but some studies have shown *surya bedhana* to be particularly effective at improving alertness and helping with digestion.
  - **Common applications:** Typically used to build heat and awaken the mind as a way of preparing for an asana practice or any other task that requires alertness. Also tends to be good preparation for alternate nostril breathing.
  - **Cautions:** Not recommended for people with anxiety or heart disorders.

### Calming:

1. **Bhramari:** Often called “bee breath” or “humming bee breath”, this technique involves covering the eyes and ears and making a soft humming sound, like that of a bee, during the exhalation. Typically, *bhramari pranayama* is practiced with the eyes covered with the fingers and the ears with the thumbs while holding the elbows out at shoulder height, but for practitioners for whom this is not possible (either because of injury or some other condition), an eye mask and ear plugs can be used instead.
- **Purpose:** To soothe the mind and relax the body.
  - **Unique benefits:** Has been shown to produce a measurable increase in nitric oxide, which is often called “the most important molecule in the body.” It helps with everything from cardiovascular health, nerve and brain function to muscle function and recovery, immune response and reproductive function.
  - **Common applications:** Often used to help alleviate insomnia and/or regulate anger.
  - **Cautions:** *Bhramari pranayama* is generally considered safe for most practitioners.
2. **Sitali and Sitkari:** In these techniques, the inhalation is done through the mouth instead of the nose, with the tongue slightly protruding from the lips. In *sitali*, the sides of the tongue are curled upward, as if forming a straw. In *sitkari*, the tongue remains flat. In both cases, the inhalation is done slowly, allowing the breath to be cooled by the moisture on the tongue while simultaneously drawing that moisture into the body.

- **Purpose:** To cool the body and calm the mind.
- **Unique benefits:** Has been shown to help reduce body temperature.
- **Common applications:** Both practices are often used in yoga therapy for conditions related to overheating and hyperactivity, such as hypertension, acid reflux, migraine headaches and/or inflammation.
- **Cautions:** Not recommended for people with low blood pressure, chronic respiratory illness or during cold weather, as it can chill the lungs.

3. **Chandra Bhedana:** Also known as “moon piercing breath”, this is another single-nostril *pranayama* in which the inhale happens through the left nostril and the exhale through the right.

- **Purpose:** Meant to relax and cool the body and calm the mind.
- **Unique benefits:** More research is needed, but some studies have shown *chandra bedhana* to improve sleep onset and depth.
- **Common applications:** Typically used to help manage anxiety and/or help with insomnia. Also tends to be good preparation for alternate nostril breathing.
- **Cautions:** Not recommended for people with low blood pressure or in situations of extreme cold.

Because there are so many different styles of *pranayama*, and different ways they can be practiced, it can take time for students to find not only the techniques, but also the teachers who are right for them, as different teachers of the same style may offer very different experiences from one another—just like *yogasana*.

Perhaps most important for both students and teachers alike is to understand that in addition to the core benefits, *pranayama* offers a way to connect with the deeper purpose of yoga. Rather than an optional add-on to the posture practice, it is an essential ingredient for practitioners who hope to experience the full spectrum of benefits that yoga has to offer. And for some people—depending on their needs and circumstances—it can be even more effective than practicing postures.

Ultimately, the more teachers understand about the different techniques, potential benefits and precautions of *pranayama*, the more students will benefit. With the recent rise in mental and emotional health challenges, as well as the epidemic of distraction brought on by constant connectivity, *pranayama* may be more essential now than ever—a steadying practice for a restless world.

## Yoga Teaching Methodology

*“The success of yoga does not lie in the ability to perform postures,  
but in how it positively changes the way we live our life  
and our relationships.”*

— T.K.V. Desikachar

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Teaching Methodology refers to how yoga is taught: the principles, strategies, communication skills and ethical considerations that allow teachers to guide students safely and effectively.

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There are many ways to teach yoga. The most common approaches in the modern world typically involve leading students through sequences of *yogasanas* and/or guiding them through different *pranayama* techniques. But those are not the only ways, and in many cases they are not the most appropriate or effective, either.

Ultimately, teaching yoga involves both a selfless intention and a mindful effort to help others improve their circumstances—be they physical, mental, emotional, economic, romantic, all of the above or otherwise. There are both traditional and non-traditional ways of teaching yoga that are equally valid. Depending on the needs and attributes of a given student or group of students, some practices are bound to be more beneficial than others. And as a person’s needs and circumstances change, the practices that are most beneficial to them will most likely change, as well—sometimes from one day to the next.

In addition to yoga postures and breathing techniques, other traditional ways of teaching yoga include but are not limited to: Offering lectures and/or hosting discussions about yogic philosophy, organizing acts of community service, guiding meditations, chanting mantras or leading others in prayer. Some less traditional, but no less potentially effective methods include playing music, engaging in sport, creating art or connecting with nature, among other possibilities.

There is no exact science for how to teach yoga most effectively to anyone. And given how much of the responsibility of learning ultimately lies with the student, there is no guarantee that even the best teaching will always have a positive impact. There are certain principles, however, that teachers can reflect on and apply to give themselves and their students the best chances of success.

### Mission and Motivation

One of the most valuable things a teacher can do is get clear about what it is they're trying to accomplish and why. Generally speaking, the goal of all yoga teaching is simply to help students grow in order to live happier, healthier, more fulfilling lives. But yoga is a vast realm encompassing many different practices that are capable of addressing a wide variety of issues. The more specific a teacher is about the way in which they aspire to help their students, the more effective they are likely to be.

To be clear, most teachers do not begin with a specialty in mind. As they become more experienced, however, they may find a niche that they either excel at naturally, or that serves a need they feel called to address. Some teachers may choose to specialize in stress relief or mindfulness while others may focus on addiction recovery, weight loss, relieving anxiety or depression, improving strength and flexibility, or any number of other areas. It is often said that postures and breathing exercises are not, in and of themselves, the goal of yoga, and from a classical perspective this is true. They can, however, play an integral role in achieving certain goals. If a student is suffering from lower back pain, for example, or is trying to heal from an injury, or simply wants to get stronger or more flexible, and a teacher is able to help them with those things through the use of postures and/or breathing exercises, that is yoga. That is a successful practice. Whether or not the student becomes enlightened is not important—especially if enlightenment is not their goal. What matters is that they are able to take a step in a positive direction.

Similarly with motivation, there are many reasons a person may choose to teach yoga, and those reasons can—and often do—evolve over time. Some may teach simply because they enjoy it, or because they want to share the joy yoga brings them. Others may do it to make a living. And still others may do it because some part of them is seeking praise or validation, possibly even fame. There is nothing wrong with any of these, or other motivations as long as they are grounded in a genuine desire to be helpful to other people.

Someone may decide to teach yoga because they only want to make money or become well-known, and they may succeed in those objectives. But if they have harmed their students or left them no better off than when they started, they have succeeded only at making money and becoming well-known, not at teaching yoga.

Conversely, if someone wants to make a lot of money and become famous, and they do it by helping other people improve their lives, more power to them. There is no rule that says yoga teachers shouldn't become wealthy or famous—only that they should live ethically and not be attached to those things.

Teaching yoga is ultimately an act of service. The more teachers can keep this in mind and reflect on it, the more successful their efforts are likely to be.

## **Assessing Students**

Trying to teach yoga without understanding the needs and characteristics of the student is like trying to fix a car without knowing what's wrong with it. A mechanic can

work all day on the carburetor, but if the issue is with the spark plugs, the car still won't work.

Of course, it's possible to get lucky. Many yoga practices are designed to address issues that are common to a wide variety of people—from poor posture and limited ranges of motion to mental distraction and anxiety. Consequently, teaching “standard” practices will often provide some degree of benefit for many people. But given how many ways there are to practice, and how many different conditions people can struggle with, it is likely that a generic practice will provide limited benefit, and in some cases may provide no benefit at all, or even lead to injury.

Because of this, it is all but essential that teachers learn to assess their students. The more a teacher can understand not only about a given person's needs, but also their personality and tendencies, the better able they will be to teach them safely and effectively.

A student who is strong and flexible, after all, but who struggles with focus and motivation, is unlikely to benefit from the same practice as someone who is very focused and determined but who has limited mobility and a shoulder injury. Similarly, someone who is highly successful professionally but who struggles with loneliness is unlikely to benefit from the same practice as someone who has just been released from prison and suffering from PTSD, or someone who is two months pregnant and suffering from debilitating nausea, etc.

All of that said, assessing students can be easier said than done. Many people may not know what their needs are on a given day. Others may be reluctant to share even if they do know—typically because of privacy concerns, but also sometimes because of cultural reasons, as people from certain backgrounds may not feel comfortable answering personal questions freely—and still others may think they need the exact opposite of what they actually need.

In most cases, it takes a long time for a teacher to get to know a student well enough to understand the full scope of what they're working toward, as well as what they're working against. But regardless of how long it takes, **there are two aspects to the assessment process: questioning and observation.**

There are all kinds of questions a teacher might ask a student, but upon first meeting, some of the most common—and most helpful—include:

- How long have you been practicing yoga?
- Do you have any injuries or other conditions I should know about?
- What brings you to practice today?
- Are you working on anything in particular in your practice these days? (If they're a non-beginner)
- Is there anything you'd like to work on today?

Even if a student doesn't know exactly what they want or need, their answers can often offer insight that might help a teacher begin to understand how to help them.

The next step is to observe the student, and evaluate what they say vs. what they demonstrate.

For example, a student may say they "just need to move and get a good sweat," which may be partially true. But if the teacher then observes the student to be fidgety during longer holds and/or unstable in balancing postures, it may be an indication that they may also benefit from learning to slow down and sit still.

Similarly, a student may say they "just need to de-stress and relax." Again, this may be partially true, but if the teacher then observes the student to be giving only minimal effort and backing away from even minor challenges, it may be an indication that they have an aversion to discomfort, and that they may actually benefit from being pushed a little beyond their comfort zone.

Learning how to discern between what a student says they want versus what they actually need is one of the keys to effective teaching. Another is then figuring out how to guide students in a way that makes them excited to practice the thing that will give them what they need.

All of this requires patience, careful attention and informed training, since many needs, especially ones related to trauma, as well as the cues that can indicate them, will often be subtle. The more teachers make efforts to get to know their students and build rapport with them, the more likely their students will be to trust and open up to them. At the same time, the more attention teachers pay to their students, the more keenly they can observe them and the more informed they make themselves about how to work with different circumstances, the better able they will be to identify and address their needs.

## **Giving Encouragement**

Two of the primary responsibilities of any teacher are:

1. To see possibilities for their students that they can't yet see for themselves; and,
2. To inspire them not only to believe in those possibilities, but to reach for them.

For most people, learning to realize their potential requires a level of effort, courage and determination that does not come naturally. By offering the right encouragement at the right time, a teacher can make the difference between success and giving up. Though it may seem obvious, it cannot be overemphasized: One of the most helpful things a teacher can do for their students is encourage them—honestly, lovingly and relentlessly.

That said, there is a difference between encouragement and pressure. Encouragement is invitational, whereas pressure is coercive. For example, encouragement might sound like, “I really believe you can do this. How would you feel about trying again?” Pressure, on the other hand, might sound like, “Stop doubting yourself and do it again.”

There is often a fine line between encouragement and pressure, but **teachers should be careful never to pressure their students to do anything.**

Even encouragement should be given with care. It is unethical, for example, for teachers to encourage students to do things they’re either not capable of or not ready for yet. In most cases, it is impossible to know what a given student may or may not be able to do at some point in the future. People are often capable of astonishing transformations. At the same time, there are many cases where a teacher can see—or at least should be able to see—that a student is not yet ready for certain practices. In these cases, the teacher should remain encouraging while also being mindful to minimize risk of injury or other harm.

In many ways, teachers are cheerleaders with knowledge of—and ideally passion for—a given subject. As much as their job is to inform and educate, it is also to uplift and inspire. At the same time, teachers are also human and may fall short sometimes of their own highest potential. Learning to accept this and grow through these moments is part of the process of becoming a better teacher. The more teachers can aspire with every word and action to be as helpful as possible to those who seek their guidance, the more likely their efforts are to have a positive impact.

## **Giving *Dharma* Talks**

One of the most powerful tools a yoga teacher can use is a “*dharma* talk”—i.e., a brief story or discourse that introduces a concept, poses a question, or otherwise plants a seed to initiate a practice.

As discussed in the section on the *Bhagavad Gita* (see chapter 3), the word *dharma* is commonly translated as “duty” or “responsibility.” A *dharma* talk is a verbal offering that’s meant to encourage students to consider their purpose, and motivate them to practice in a way that helps them live in alignment with it.

There are many ways to give *dharma* talks. Common approaches include telling a short story that illustrates an aspect of yoga in action, offering an explanation of various terms or concepts from yogic philosophy and discussing their relevance to the practice that follows, or posing a question that invites and encourages students to self-reflect. In general, *dharma* talks tend to be most effective when they are brief (1-3 minutes), focused and relevant to the practice ahead. By contrast, *dharma* talks that ramble or that come across as lectures tend to fall on deaf ears.

However a teacher chooses to present it, when done well, a *dharma* talk can be an extremely effective means of inspiring students, both individually and collectively, and helping them derive maximum benefit from their practice.

## Sequencing

When it comes to teaching *yogasanas*, one of the main things—if not *the* main thing — many teachers think about is which postures to practice and how to sequence them safely and effectively. The three most common approaches are linear progression, somatic/embodied exploration and intuitive movement. Each method has its pros and cons.

1. **Linear Progression, a.k.a “Knowing where you’re going”:** This method involves following a specifically mapped out progression of postures toward a logical end, often a “peak pose” that calls on the muscular engagements and/or anatomical lessons from the sequence that preceded it. For example, a sequence that builds to the splits (*hanumanasana*) will typically involve a variety of postures designed to help students stretch their hamstrings, release their hip flexors and engage their quadriceps and gluteus maximus muscles—all components of the splits.
  - **Pros:** Tends to be informative and helpful, especially for beginning and intermediate students. Offers a clear path to understanding the building blocks of more complex postures.
  - **Cons:** Can be somewhat of a rigid approach that limits students from following their own intuition and exploring possibilities beyond traditional *asanas*.
2. **Somatic/Embodied Exploration, a.k.a. “Focus on feeling”:** This method emphasizes depth of feeling within each posture in order to help students understand how to access their body’s potential. Unlike the “Knowing where you’re going” method, “Focus on feeling” offers a less regimented approach that typically culminates in the option to move into a variety of “peak poses” rather than just one. For example, a sequence that emphasizes core strength and spinal mobility may end with an invitation to explore a variety of arm balances, backbends or inversions, depending on the needs and interests of the individual practitioners.
  - **Pros:** Tends to be helpful and informative, especially for intermediate level practitioners. Empowers students to take the reins of their own practice and explore their potential in an intelligent way.
  - **Cons:** The lack of a logical progression can be confusing to students who crave structure. Can also be overwhelming for beginning students who aren’t already familiar with basic *asanas*.



**3. Intuitive Movement, a.k.a. “Free form”:** This method emphasizes a lack of any and all structure. Practitioners are encouraged to move through or hold postures in any way that feels right to them. The goal is to embody freedom. Depending on a practitioner’s experience and ability, free form practices can vary widely. For example, while one practitioner may choose to hold ten different postures for three minutes each, another practitioner may choose to flow through several postures before spending twenty minutes or more working on a single posture. The possibilities are literally endless.

- **Pros:** Tends to be very effective for many intermediate and advanced students. Offers total freedom to follow one’s instincts and cultivate a deeper mind-body connection.
- **Cons:** Generally not advised for beginners, as it requires a fairly high level of body awareness and familiarity with the *asana* practice. Can also lead to avoidance and/or neglect of certain areas if practitioners aren’t careful. Can also be somewhat risky for students who are either hyper-mobile or injury prone due to overuse and/or pushing too hard.

As with all yogic practices, the best method is the one that meets the needs of the individual practitioner. Some people may benefit by sticking with one method, others may benefit by experimenting with all three. As a bit of age-old yogic wisdom says: “Find a practice that works for you and stick with it for as long as it works. Then when it no longer works, change.”

Many teachers may find that blending two or all three of the methods is most effective for their students. Regardless, the more teachers familiarize themselves with different ways of sequencing, the better able they will be to guide students through—or to—the method of practice that is most beneficial for them.

## **Communicating with Compassion While Holding Students Accountable**

All people—including yoga teachers—have struggles, and many people struggle with multiple things. One of the biggest challenges for many yoga teachers is striking a balance between having compassion for their students’s struggles while at the same time holding them accountable to their own growth.

Whether a student struggles with self-doubt, addiction, lack of awareness, laziness, attachment to toxic relationships, or any number of other afflictions that may cause them to remain stuck in patterns of stagnation or self-sabotage, yoga teachers are often in a position of influence to help effect positive change. Sometimes this can happen as a result of the teacher leading by example, other times it involves communication—either direct or indirect.

- **Direct Communication** is when a teacher speaks directly to a student or group of students, usually in private. For example, if a teacher notices that a student is coughing a lot, and also knows that that student has a smoking habit that they've been trying to quit, direct communication might involve having a conversation with the student after class and saying something to the effect of, "I'm really sorry about your cough. It seems like it's holding you back from being able to concentrate fully and put your best foot forward in your practice." If the student agrees, the teacher might then follow up with a question about how their efforts to quit smoking are going, and offer encouragement to not give up on the process. If the student disagrees and says the cough isn't a problem, the teacher might point out that it seems otherwise, and possibly encourage the student to reflect a bit more on the reality of the situation. This kind of communication typically requires an established relationship based on trust and mutual respect.
- **Indirect Communication** is when a teacher speaks indirectly to a given student or group of students by addressing the class as a whole, or by writing a blog or creating a social media post that addresses the issue. For example, if a teacher notices that a student or group of students has a tendency to give up on themselves whenever a challenge is offered that makes them uncomfortable, the teacher might offer a *dharma* talk at the beginning of class about how we all have a highest potential, and how one of the main things that holds us back from realizing it is fear—fear of failing, fear of being uncomfortable, even fear of succeeding, because if we succeed we'll not only prove to ourselves that we were wrong in thinking we couldn't do it, but we might also have to work harder going forward in order to not fall back on our old ways. This kind of communication is a good option in cases where a relationship that allows for direct communication has yet to be established. It also tends to be more effective when the communication is then followed up with a bit of encouragement not to give up when the student or group of students has an opportunity to try something that makes them uncomfortable.

To be clear, it is not the job of most yoga teachers to help their students break their addictions, resolve their psychological dilemmas or fix their relationships. Some teachers specialize in those areas and thus have a different responsibility, but for the most part that is not what yoga teachers are expected or even qualified to do.

It is, however, the job of all yoga teachers to pay attention to their students and do the best they can to help them improve their circumstances using the tools yoga provides. In some cases that may mean having a difficult conversation or making an extra effort to be helpful, and in other cases it may involve referring a student to—or encouraging them to seek out—someone who might be better suited to help them.

Either way, it is important that teachers strive to communicate with a tone that is supportive and kind as opposed to shaming, and that they maintain confidentiality when discussing sensitive issues.

## Own Your Shadow

Just as all people have struggles, all people also have a “shadow.” This term, which was coined by the Swiss psychologist Carl Jung, refers to the unconscious part of a person’s personality that contains repressed, denied or unacknowledged aspects of their self. The shadow may contain both negative traits—such as selfishness, perfectionism, prejudice, etc.—as well as positive ones—such as creativity, power, sensitivity, etc.—that the conscious ego rejects as unacceptable.

When ignored or left unconscious, the shadow often manifests through intense emotional reactions and projection—i.e., finding fault in others while remaining blind to the same faults in one’s own self—as well as various other self-sabotaging behaviors, such as addiction, theft, scapegoating and dishonesty. For this reason, the shadow is often the main source of conflict and struggle in most people’s lives.

Despite this, most people tend not be aware of the shadow’s existence, let alone its influence over their lives. In fact, many people unconsciously seek out situations that keep them from becoming more aware because awareness tends to be uncomfortable. One consequence of this is that many students will often be drawn to teachers who mirror or reinforce their own patterns, even when those patterns are unhealthy.

For example, a person who avoids challenge may prefer extremely gentle teachers who never ask them step into discomfort, reinforcing avoidance rather than encouraging resilience. Likewise, a student who is prone to spiritual bypassing may be drawn to teachers who emphasize transcendence over grounded, embodied work.

It is also common for students to project their own shadows onto teachers. Sometimes they’ll assume qualities about the teacher—positive or negative—that have little to do with the person actually in front of them but instead reflect unresolved aspects of their own history, conditioning and/or unmet needs.

For example, if a teacher comes across as confident, successful and in good health, a student with perfectionist tendencies may put that teacher on a pedestal. But if the teacher makes an honest mistake, or reveals themselves to be not as perfect as the student imagined, the student may write the teacher off, or even lash out at them.

Given all this, one of the most helpful things a yoga teacher can do is make an effort to become more aware of their own shadow. There are many ways to do this—through dream analysis, active imagination, art therapy or self-study—but most involve the help of a qualified analyst or guide. Given that the shadow is by definition part of one’s unconscious, shadow-work is virtually impossible to do alone. There are certain exercises and practices that one can do by themselves, but the work generally requires the support of someone who can see things about a person that the person can’t see for themselves.

The goal in becoming aware of one's shadow is to reduce its negative influence while incorporating its positive attributes. The more yoga teachers can do this for themselves, the better able they will be to help their students do the same, and the more likely they are to experience positive transformation. As Carl Jung, who was a yogi himself, said: "The best political, social, and spiritual work we can do is to withdraw the projection of the shadow onto others."

## Scope of Practice

The term "scope of practice" refers to the specific boundaries of what a professional is trained, qualified and ethically permitted to do within their role. In terms of teaching yoga, it defines both **what yoga teachers can do**, and just as importantly, **what they should not do**. Understanding and abiding by these boundaries helps protect students, supports teachers in acting ethically, and contributes to the development of a more coherent and trustworthy professional environment.

A yoga teacher's scope of practice includes things like:

- Guiding students through postures, breathing practices and meditations.
- Offering variations and modifications appropriate to the needs of individual students.
- Teaching yogic philosophy, ethics and self-inquiry.
- Offering general well-being suggestions related to stress reduction, mindful movement, self-awareness and lifestyle choices.
- Creating a safe and inclusive environment for students to practice in.
- Recognizing when a student's needs exceed the teacher's training or qualifications and referring them to medical or mental health professionals, or other teachers, where appropriate.

A yoga teacher's scope of practice does *not* include things like:

- Diagnosing physical or psychological conditions.
- Prescribing or administering medications.
- Performing manual therapy or massage techniques they're not licensed for.
- Giving nutritional prescriptions or detox protocols.
- Making unfounded claims or representing yoga as a panacea.

For example, offering a student a suggestion about a specific breathing practice or set of restorative postures to help them relax before bed and sleep better is within a yoga teacher's scope of practice, whereas telling the student that they probably have insomnia and that doing a certain *pranayama* will cure them is not.

Furthermore, a yoga teacher's scope of practice also includes saying "I don't know" when presented with a question or situation they're not sure about. Ideally, the teacher will also make an effort to learn whatever they don't know so as to inform both themselves, as

well as their students, but the most important thing is that teachers not try to mislead people in order to give the appearance of seeming more knowledgeable than they are.

A clear scope of practice helps to:

- **Protect students** by reducing the risk of harm, misinformation and inappropriate dependence on the teacher.
- **Protect teachers** by preventing legal risk, ethical conflicts and burnout from trying to do too much.
- **Elevate the profession** by demonstrating that yoga teachers operate with integrity, responsibility and accountability—on par with other health care professionals.

If a teacher is ever in doubt about whether something falls within their scope of practice, a good rule of thumb is to stay within the methods, practices and teachings of yoga, and refer everything else out to people who specialize in that area.

The more yoga teachers honor their scope of practice, the better able they will be to guide their students safely and effectively, and the more highly the profession will be regarded.

## **Invite Feedback**

Most things benefit from thoughtful outside perspectives, and teaching yoga is no exception. No matter how experienced or skilled a teacher may be, asking for feedback is one of the most helpful things they can do to continue improving and making sure their teaching is having the most beneficial impact it can.

Teachers may receive feedback from their students, peers, studio managers and/or owners, or in some cases from family or friends. The important thing is not that teachers blindly follow all feedback they receive, but that they consider it and implement whatever they feel will help them to be the best teacher they can be. Receiving feedback is a practice of humility and continuing education, not an admission of inadequacy. It is also, in many cases, a process of trial and error. Sometimes a teacher may implement a piece of feedback, only to find it doesn't work for them. Other times they may receive a bit of feedback that they either don't understand or don't like, only to realize later how to make use of it. What matters most is that teachers make a sincere effort to continue improving, and that they consider the feelings and ideas of their students.

## **Love People**

In the words of Yogi Charu, a longtime and highly respected teacher trainer, “If you want to teach yoga, you have to love people.”

This seemingly simple advice can be easier said than followed. Between differing customs, beliefs, personality types, behaviors and attitudes, it can be difficult for some people to get along. As much as yoga teachers are taught to practice non-attachment, they are people, too, and sometimes hold beliefs of their own that may be different than those of their students.

Yogi Charu’s advice does not mean that teachers should give up their own beliefs, or ignore those of their students. Nor does it mean they should tolerate harmful behavior. It is simply meant to remind teachers that people are multi-dimensional, and to encourage them to make an effort to look beyond the things they may find objectionable about a given person, and do their best to be of service to them.

The more teachers can set aside their own biases and beliefs and seek the good in their students, the more they will not only help them grow, but the more they will grow in their own practice, as well.

## **Never Give Up**

It is inevitable that students will come and go. Some may practice with a teacher for several months or years, then disappear for just as long, if not longer, only to reappear later. Some may have no explanation, others may have a variety of explanations—perhaps they got injured, or moved away, or went through a breakup and became depressed, or fell into addiction, or changed jobs and had to work different hours, etc. Whatever the reason, or lack thereof, it is important that teachers learn not to take student departures personally.

In some cases when a student disappears, it may be appropriate for the teacher to reach out to check on them to make sure they’re ok, but more often than not the most helpful thing a teacher can do is simply not give up on the student, and be there for them with an open mind and heart whenever they return to practice.

Likewise, if a student is struggling in one way or another—whether with consistency, attitude or something else—no matter how hopeless the situation might seem, the job of the teacher is to keep the faith, and continue to do their best to help the student progress in some way. At the same time, it is important that teachers not “over-function.” Teachers are there to support their students, not rescue them.

All of that said, if a student is behaving in a way that’s harmful to themselves or other people, teachers must draw and hold clear boundaries about what kind of conduct is acceptable and which isn’t, and if a student can’t abide by those boundaries, the teacher is within their rights to dismiss them until they’re able to behave appropriately.

## **Summary**

Teaching yoga is ultimately a blend of intention, skill, compassion, ethical clarity and continual self-study. By understanding the needs of students, honoring scope of practice, communicating with care and remaining dedicated to their own growth, teachers can create environments where genuine transformation becomes possible. Whether that happens through traditional or non-traditional methods depends in large part on the needs, as well as the attitude and work ethic of the student. In most cases, however, the input, care and creativity from a teacher can make all the difference. If a teacher can inspire a student to become more self-aware, to work on their weakness and overcome their perceived limitations, they will have succeeded not only in teaching yoga safely and effectively, but also in planting a seed that holds potential to continue growing and producing other seeds for generations to come.

## **Yoga Ethics & Lifestyle**

Coming soon...



## **Appendix A**

### **Benefits of Practicing *yogasana***

- A 2001 study found that 8 weeks of yoga significantly improved muscular strength, endurance and flexibility in healthy young adults.
- A 2016 meta-analysis of 12 Randomized Controlled Trials (RCT's) found that practicing yoga postures significantly increased strength in older adults.
- A 2020 RCT found that 16 weeks of yoga among female university students led to a 5.35 second increase in single-leg standing balance, a 3.5 cm increase in lower back/hamstring flexibility, and a 6 cm increase in groin/hip flexibility.
- A 2020 systematic review and meta-analysis reported significant improvements in balance in older adults, leading to a reduced risk in falling.
- A 2019 meta-analysis of yoga interventions showed robust, consistent evidence for improved lower-body flexibility across all age groups.
- Various RCT's from 2011-2017 show reduced pain, fatigue, stress, disability, body-mass index (BMI), blood pressure, cholesterol and heart rate in populations with chronic pain, osteoarthritis, cardiovascular disease and multiple sclerosis (MS), as well as cancer and stroke survivors, while at the same time showing improvements in mood and quality of life.
- A 2013 systematic review and meta-analysis of 18 RCT's showed a significant reduction in symptoms of anxiety and depression among populations afflicted by those conditions.
- A 2019 systematic review and meta-analysis of 49 RCT's found that practicing yoga postures regularly improved both sleep quality and duration for all adult populations.

Full Appendix A... coming soon.

**Appendix B**  
**Benefits of Practicing *Pranayama***

- <https://www.healthline.com/health/pranayama-benefits#stronger-lungs>

Full Appendix B... coming soon.

## **Appendix C**

### ***Pranayama* resources**

- Breathwork popularity grown by 400% since 2019 — Global Wellness Institute
- Pranayama/Yoga as remedy for addiction - <https://pmc.ncbi.nlm.nih.gov/articles/PMC3646290/#:~:text=Whereas%20simply%20doing%20yoga%20postures,full%20system%20of%20adaptive%20attitudes%2C>
- helping to strengthen impulse control and leading to a reduction in cravings for everything from cigarettes and food to drugs and alcohol... may even help with social media addiction.

Full Appendix C... coming soon.

## **Chapter Notes/Bibliography**

### Chapter 1 - A Brief History of Yoga

- Vedas
- Katha Upanishad
- The Story of Yoga, by Alistair Shearer
- \*Quote about yogis being hideous specimens of humanity
- NIH study on injuries

### Chapter 3 - The Cornerstones of Yogic Philosophy

- Bhagavad Gita, translated by Eknath Easwaran
- The Yoga Sutras, Desikachar/Bryant

### Chapter 4 - Human Anatomy & Physiology in the Practice of Postural Yoga

### Chapter 5 - The Human Mind in the Practice of Modern Yoga

### Chapter 6 - The Human Nervous System in the Practice of Modern Yoga

### Chapter 7 - The Subtle Body

### Chapter 8 - Yogasana

### Chapter 9 - Pranayama

### Chapter 10 - Yoga Teaching Methodology

- “Bringing Yoga to Life”, by Donna Farhi

### Chapter 11 - Yoga Ethics & Lifestyle

Full Bibliography and Chapter Notes... coming soon...