



Week 15

Overview of Lecture

Principles behind the Course so far

Although yoga has a physical training aspect to it, it also has an intellectual training aspect to it.

The first four parts of yoga are physical in nature and is categorised as Hatha Yoga and the second part is called Raja Yoga.

One of the most dynamic parts is the asanas.

Different Yoga Movements and Postures Have Different Effects

Different asanas are known to be more effective for certain problems than others.

Attempting basic postures that are difficult for you to do is both curative and diagnostic.

Particular parts of the posture might be more difficult than other aspects of the posture.

We can break the poses down into five categories matching the five elements and also into twelve movements:

1. Bend forward
2. Bend backward
3. Lean to the left
4. Lean to the right
5. Twist to the right
6. Twist to the right
7. Raise the centre
8. Lower the centre
9. Tighten
10. Relax
11. Expand
12. Contract



Combining the movements that an individual can make plus the five categories we can group human functions into we can clearly see what aspects of our functioning is retarded.

The first part of Raja Yoga is called Dharana.

Dharana is the practice of cultivating stability and balance.

This is done to develop concentration and consciousness.