

Download An Introduction To The Yoga Philosophy

"Yoga is the restraint of the modifications of the mind-stuff" – translation by Swami Vivekananda. In subsequent sutras, Patanjali explains that once the mind is properly restrained, then the "seer" or the "soul, the true self" can rest in its own true nature. Amy Vaughn, M.A., E-RYT has been studying Eastern philosophy and mysticism for more than 20 years. Besides her 200-hour training in Hatha Yoga, she has an 800-hour certificate in the History, Philosophy, and Literature of Yoga from Traditional Yoga Studies. An award winning yoga resource for the exploration of yoga postures, meditation techniques, pranayama, yoga therapy, and the history & philosophy of yoga. About Yoga. Yoga is an ancient and complex practice, rooted in Indian philosophy, that originated several thousand years ago. Yoga began as a spiritual practice, but it has become popular as a way of promoting physical and mental well-being.