

## Fundamentals of Y oga

*Yoga works at the level of one's body, mind, emotion, and energy. This has given rise to five broad classifications of* **YOGA**



### **Jñana Yoga**

*Yoga for knowledge*



### **Karma Yoga**

*Yoga for selfless action*



### **Kriya Yoga**

*Yoga for optimum utilisation of vital energy*



### **Bhakti Yoga**

*Yoga for emotions culture*



### **Dhyana Yoga**

*Yoga for meditation*



Every individual is a unique combination of these five factors, and only a Guru (teacher) can prescribe the appropriate combination of the five fundamental paths tailored to each seeker's needs.

