

## **DHARMA YOGA**

### **SHORT DESCRIPTION**

Dharma Yoga is a graceful, spiritually-oriented practice rooted in classical Hatha traditions that emphasizes compassionate self-discovery through challenging postures, breathwork, and meditation, guiding practitioners toward physical vitality and spiritual enlightenment by aligning with one's true life purpose (dharma) through devotion and ethical living.

### **OVERVIEW**

**STYLE** | Devotional, disciplined, and spiritually rooted; blends Hatha-Raja Yoga with a modern, heart-centered approach

**STRUCTURE** | Combines asana, pranayama, meditation, kriya, chanting, and yogic philosophy; sequences often based on the Dharma Yoga series

**BREATH** | Integral to practice; includes advanced pranayama and breath awareness

**FLOW** | Graceful and steady; sequences build intelligently toward peak poses, often followed by deep rest and meditation

**PACE** | Moderate; can vary depending on the level (gentle to very advanced)

**FOCUS** | Self-realization, ethical living, physical purification, inner peace, devotion, and surrender to one's higher path

**TEACHER ROLE** | Spiritual guide and physical teacher; offers inspiration, deep presence, and alignment with yogic philosophy

**VIBE** | Sacred, meditative, and heart-opening; infused with bhakti (devotion), discipline, and love

### **DESCRIPTION**

#### **Dharma Yoga: The Path of Devotion, Discipline, and Divine Purpose**

Dharma Yoga is a holistic, spiritually-charged system of yoga developed by Sri Dharma Mittra, a master yogi known for his deep devotion, humility, and service. Drawing from the classical eight limbs of yoga (Ashtanga Yoga) and deeply rooted in Hatha-Raja Yoga, this style emphasizes not only the physical aspects of yoga but its ultimate goal: Self-realization.

The practice includes:

- A deeply integrative blend of asana, pranayama, meditation, and kriya
- Challenging postures approached with compassion and grace
- Chanting, yogic philosophy, and ethical living (Yama and Niyama)
- A strong emphasis on devotion, service, and surrender to the higher Self

It's not just a physical practice — it's a spiritual path to living your dharma.

#### **Origins of Dharma Yoga**

Founded by Sri Dharma Mittra, a student of Swami Kailashananda (Yogi Gupta), Dharma Yoga is built upon a lifetime of devotion, service, and personal practice. Sri Dharma is best known for his Master Yoga Chart of 908 Postures, his powerful presence, and his unwavering humility.

The system synthesizes teachings from Hatha Yoga, Raja Yoga, Bhakti Yoga, and Jnana Yoga, offering a modern expression of timeless yogic wisdom.

## **Style and Structure**

### **Style**

Dharma Yoga is:

- Physically expressive and often advanced
- Spiritually grounded and inwardly focused
- Devotional in tone, encouraging compassion and reverence for life
- Rich with classical teachings, yet infused with joy and love

### **Structure**

A typical Dharma Yoga class includes:

- Centering and devotional invocation (chanting or intention setting)
- Pranayama (breath control techniques)
- A strong, flowing sequence of classical postures (based on Dharma series I–IV)
- Kriya practices (cleansing and energetic techniques)
- Guided deep relaxation (Yoga Nidra)
- Meditation and spiritual discourse

Asana levels vary by class — from gentle to highly advanced — but all include a strong energetic and devotional component.

## **Breath and Flow**

### **Breath**

Breath is both a vehicle of awareness and a tool of transformation. Practices may include:

- Kapalabhati (skull-shining breath)
- Nadi Shodhana (alternate nostril breathing)
- Ujjayi and retention-based pranayamas
- Awareness of breath throughout asana for energy cultivation and inner balance

Breathwork in Dharma Yoga supports both physical vitality and energetic purification.

### **Flow**

The flow is intentional, graceful, and often strong:

- Sequences are built with progressive logic, moving from basic to peak poses
- Emphasis is placed on integrity of movement and mindful transitions
- Inversions, backbends, and arm balances are often explored with gentle persistence
- Stillness, reflection, and humility are woven throughout

The energetic and devotional flow is just as important as the physical transitions.

## **Pace, Focus, and Teacher Role**

## **Pace**

Pace varies by class level:

- Dharma I may be gentle and meditative
- Dharma IV may be very advanced, physically demanding, and precise
- All levels invite deep listening and inner stillness

There's time for both movement and integration, with Savasana and meditation seen as essential components — not afterthoughts.

## **Focus**

Dharma Yoga focuses on:

- Awakening the inner teacher
- Aligning with one's life purpose (dharma)
- Building a healthy, radiant body to support spiritual awakening
- Practicing with devotion, humility, and grace
- Ethical living through yamas and niyamas
- Self-inquiry, meditation, and surrender to the divine Self

## **Teacher Role**

Dharma teachers are:

- Spiritual transmitters, not just asana instructors
- Guides who emphasize love, compassion, and service
- Keepers of lineage and philosophy, often sharing chanting, stories, and yogic wisdom
- Highly present and attuned, inviting students into the heart of yoga, not just its shape

## **Vibe and Community**

The vibe of Dharma Yoga is:

- Reverent, humble, and heart-centered
- Rooted in devotion and kindness
- Often spiritual without being dogmatic
- Welcoming to those seeking depth, transformation, and truth

Community is usually tight-knit, inspired by service and spiritual growth.

## **Benefits of Dharma Yoga**

Physical Benefits

- Improved strength, balance, and flexibility
- Enhanced energy flow and body awareness
- Detoxification and purification through kriya and breathwork
- Nervous system regulation and vitality

Mental and Emotional Benefits

- Heightened clarity, discipline, and focus

- Greater emotional balance and resilience
- A deep sense of purpose and connection
- Tools for surrender, acceptance, and loving presence

#### Spiritual and Subtle Benefits

- Awakening of kundalini and inner wisdom
- Alignment with one's true purpose (dharma)
- Integration of ethical and devotional living
- Direct experiences of inner stillness, bliss, and unity

#### Who Is Dharma Yoga For?

Dharma Yoga is ideal for:

- Yogis seeking a blend of physical intensity and spiritual depth
- Practitioners drawn to classical teachings and Eastern philosophy
- Those wanting to incorporate service, devotion, and ethical living into their practice
- Students looking for a complete yoga system, not just asana
- Seekers on a path of self-realization and truth

It may not suit:

- Those looking for purely physical or fitness-based yoga
- Students uninterested in spiritual, devotional, or ethical teachings

#### CONCLUSION

Dharma Yoga is not just a practice — it's a path.

A path of devotion, discipline, and discovery. Of learning to quiet the mind, strengthen the body, and open the heart in service to your truest self.

By aligning with your dharma, you awaken the inner teacher, live from compassion, and remember that the highest form of yoga is love in action.