Concept of Yoga

Introduction

Yoga is becoming popular in all parts of the world. For the restless mind it offers solace. For the sick, it is a boon. For the common man it is the fashion of the day to keep him fit and handsome. Some use it for developing memory, intelligence and creativity. With its multi fold advantages it is becoming a part of education. Specialists use it to unfold deeper layers of consciousness in their move towards perfection.