



Yogesh Haribhau Kulkarni • You

AI Coach (Helping People/Organizations in their AI Journ...  
now • 🌐



🙏 🌈 Sharing the Essence of Ashtanga Yoga 🌈 🙏

As a disciple of Ashtanga Yoga for quite some time, wish to share a one page summary (of course highly diluted) in a visual form.

Ashtanga Yoga, or the Eight-Limbed Yoga, is far beyond a mere physical exercise; it is a profound practice that unites the mind, body, and soul. It encompasses a rich tapestry of principles such as moral conduct, self-discipline, physical postures, breath control, sense withdrawal, concentration, meditation, and the ultimate pursuit of enlightenment. ✨ ✨

Whether you are a seasoned yogi or just beginning your journey, Ashtanga Yoga warmly embraces and supports everyone's unique path. It offers a space for self-discovery, growth, and holistic well-being. 🌱 🌀


To help you delve deeper into this ancient wisdom, I have open-sourced my notes on Yogashatra, which can be found at my GitHub repo: [yogeshhk/YogShastra](https://github.com/yogeshhk/YogShastra).

Feel free to explore and embark on your own yogic adventure.



अथ योगानुशासनम् (Let's begin the practice of Yoga)

#AshtangaYoga #MindBodySoul #HolisticWellbeing  
#YogaJourney #SelfDiscovery #yoga #yoga+ish



# Ashtang Yoga

अथ योगानुशासनम् ।  
Let's begin practice of Yoga

8 Limbs of Yoga

यम - Ethical Society Disciplines

अहिंसा - Non violence ✕

सत्य - Truthfull 1 ≠ 2 ✕

अस्तेय - Non stealing ✕

व्रह्मचर्य - moderation ✕

अपरिग्रह - Non-possesiveness

नियम - Observance . Personal

शौच - cleanliness ✕ mind & body

संतोष - Contentment ✕

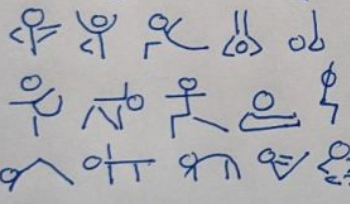
तपस - Discipline ✕

स्वाध्याय - Self-study ✕

ईश्वरप्रणिधान - Surrender to a higher power ✕

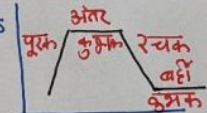
आसन Physical Postures

स्थिरसुखम् आसनम् ।




प्राणायाम Breath Control

Lungs



पुष्परी - Victorious  
भास्त्रिका - Bellows  
भ्रामरी - Humming Bee

प्रत्याहार withdraw of Senses



धारणा Concentration

ॐ → ॐ focusing on single object or thought

देशबन्धाद्विलस्य धारणा

ध्यान meditative absorption

meditation happens & not done

State of mind

तत्र प्रत्ययैकतानता ध्यानम्

समाधी Union with Divine

तदेवायमात्रनिर्भरं स्वरूपशून्यमिव समाधी

योगसुखवृत्ति निरोधः

Quieting perturbations of mind (Yogasutra)

योगः कर्मसु कौशलम्

Excellence in action (Gita)

International Yoga Day

21st June

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