

Contents

PREFACE	5
INTRODUCTION.....	7
<i>What Is Yoga?</i>	8
YOGA CONCEPTS.....	10
<i>Asanas (Postures)</i>	11
<i>Chakras (Prana Energy Centers)</i>	16
<i>Dharana</i>	21
<i>Dhyana (Meditation)</i>	22
<i>Kundalini Energy</i>	24
<i>Marma Points (Energy Points)</i>	26
<i>Mudras and Bandhas</i>	27
<i>Nabhi (Umbilicus)</i>	29
<i>Nadis (Energy Channels)</i>	31
<i>Pancha Kosha (Five Layers)</i>	33
<i>Prana (Vital Life Energy)</i>	35
<i>Pranayama Breathwork</i>	37
<i>Pratyahara</i>	39
<i>Props in Yoga</i>	40
<i>Sadhana</i>	41
<i>Samadhi and Kaivalya (Moksha)</i>	42
<i>Sequencing</i>	44
<i>Shatkarmas (Purifications)</i>	45
<i>Stretches</i>	47
<i>Tantras, Yantras, Mantras, and Mandalas</i>	50
<i>Yamas and Niyamas</i>	53
<i>Visualizations, Chants, and Incantations</i>	54
YOGA AND APPLICATIONS.....	57
<i>Goals and Benefits of Yoga</i>	58
<i>Yoga Types and Classifications</i>	60
<i>Yoga Training</i>	63
<i>Yoga as Exercise</i>	65
<i>Yoga as Therapy</i>	67
<i>Yoga as Spiritual Practice</i>	68
<i>Yoga for Mental Health</i>	69
<i>Yoga as Lifestyle</i>	70
<i>Yoga and Massage</i>	71
<i>Yoga and Ayurveda</i>	75
TRADITIONAL YOGA MODALITIES.....	77
<i>Ashtanga Yoga (Patanjali)</i>	78
<i>Bhakti Yoga</i>	81
<i>Hatha Yoga</i>	83
<i>Japa Yoga</i>	85
<i>Jnana Yoga</i>	86

<i>Karma Yoga</i>	88
<i>Kirtan Yoga</i>	89
<i>Kriya Yoga</i>	90
<i>Kum Nye Yoga</i>	91
<i>Kundalini Yoga</i>	92
<i>Laya Yoga</i>	93
<i>Mantra Yoga</i>	94
<i>Milam Dream Yoga</i>	95
<i>Nada Yoga</i>	96
<i>Naked Yoga</i>	97
<i>Nejang Yoga</i>	99
<i>Nidra Yoga</i>	100
<i>Raja Yoga</i>	102
<i>Swara Yoga</i>	104
<i>Tantra Yoga</i>	105
<i>Tao Yoga (Daoyin)</i>	107
<i>Thai Yoga (Reusi Dat Ton)</i>	108
<i>Tsa Lung Trul Khor</i>	110
<i>Yantra Yoga</i>	112

MODERN YOGA MODALITIES 113

<i>Acro Yoga</i>	114
<i>Aerial Yoga</i>	115
<i>Anahata Yoga</i>	117
<i>Ananda Marga</i>	118
<i>Ananda Yoga</i>	119
<i>Anusara Yoga</i>	121
<i>Ashtanga Vinyasa Yoga</i>	123
<i>Ayurveda Yoga</i>	126
<i>Baby and Infant Yoga</i>	128
<i>Bikram Yoga (Hot Yoga)</i>	129
<i>Chair Yoga</i>	131
<i>Core Strength Vinyasa Yoga®</i>	133
<i>Forrest Yoga</i>	135
<i>I AM Yoga</i>	137
<i>Integral Yoga (Satchidananda)</i>	139
<i>Integral Yoga (Aurobindo and the Mother)</i>	141
<i>Integrative Restoration (iRest)</i>	144
<i>Isha Yoga</i>	145
<i>Iyengar Yoga</i>	147
<i>Jivamukti Yoga</i>	149
<i>Kemetic Yoga</i>	151
<i>Kids Yoga (Yoga for Children)</i>	153
<i>Kripalu Yoga</i>	154
<i>Laughter Yoga</i>	156
<i>Mindfulness Yoga</i>	157
<i>Okido Yoga</i>	159
<i>Partner Yoga</i>	160
<i>Phoenix Rising Yoga Therapy</i>	161
<i>Postnatal Yoga</i>	162
<i>Power Yoga</i>	163
<i>Prenatal Yoga</i>	165
<i>Restorative Yoga</i>	166

<i>Sahaja Yoga</i>	168
<i>Satyananda Yoga (Bihar Yoga)</i>	170
<i>Shinshin-toitsu-do</i>	171
<i>Siddha Yoga</i>	172
<i>Sivananda Yoga</i>	175
<i>SKY Yoga (Simplified Kundalini Yoga)</i>	177
<i>Svastha Yoga</i>	179
<i>Tibetan Rites (The Five Rites)</i>	180
<i>Vihangam Yoga</i>	183
<i>Viniyoga</i>	185
<i>Vinyasa Yoga</i>	186
<i>Wall Yoga</i>	188
<i>Yin Yoga</i>	189
<i>Yoni Yoga</i>	190
<i>Zen Yoga</i>	191
SUPPLEMENT.....	193
<i>What Is Ayurveda?</i>	194
<i>Ayurvedic Doshas (Tridosha)</i>	196
<i>What Is Tantra?</i>	199
<i>Ayurvedic Yoga Massage</i>	206
<i>Chakra Massage</i>	207
<i>Dinacharya (Ayurveda Self-Care)</i>	208
<i>Marma Chikitsa (Points Massage)</i>	211
<i>Purushartha (The Four Aims of Life)</i>	212
APPENDIX.....	214