

[Satyananda Yoga](#)

- [Login or Create Account](#)
- [eNewsletter Sign up](#)
- [Yoga](#)
- [Retreat](#)
- [Yogic Studies](#)
- [Teachers](#)
- [Prasad](#)
- [Shop](#)

- [Home](#)
- [Prasad](#)
- [Glossary](#)

## Glossary

### A

acharya	teacher; spiritual preceptor
adi	original, primordial
advaita	an aspect of yogic philosophy which aims at the goal of experiencing a state beyond duality, beyond opposites such as like and dislike, good and bad, etc
agni	fire; fire element, see Tattwas
agnisar kriya	increases prana and heat in the body through pranayama and mudra; preparatory for nauli
aham	individuality, the concept of ahamkara - the ego factor which identifies the self with the material environment; identity of the individual being
ahara	the craving for satisfaction: the urge to consume
ahimsa	absence of negativity from within; non - violence
ajna chakra	concentration point at the top of the spine; situated in the mid brain, behind the eyebrow centre at the medulla oblongata, associated with deeper knowledge, ability to visualise, memory and intuition. It is considered to be responsible for monitoring the other chakras.
akara	form; dimension in which individuality manifests

akasha	space; Brahman. Akasha tattwa is the ether element, see Tattwas
akasha dharana	preparatory practice for Laya Yoga
alakh bara	invisible boundary; secluded place for sadhana
amaroli	the practice of using one's own urine for therapy
anahata chakra	concentration point in the spine behind the heart; centre of emotion and the experience of unconditional love.
anandamaya kosha	the dimension of bliss
annamaya kosha	the dimension of matter: the physical body
antar darshan	vision of the inner self; the practice of observing emotions in the hridayakasha
antar dhyana	observing and channelling the desires
antar mouna	thought observation; inner silence
anushasanam	governing or managing the subtle aspects of human personality; discipline
anusthana	constant remembrance of God; observance
apana vayu	downward flowing prana between manipura and mooladhara
aparigraha	happiness with whatever is there without any desire for more; non-accumulation
arohan	a nadi or flow of ascending energy; to climb
artha	security in the social realm
asana	physical posture in which one is at ease and in harmony with one's self.
ashram	traditional name referring to places where yoga is lived and taught.
ashuddha	impure
ashwini mudra	involves contraction and relaxation of the anal sphincter muscles causing a rise in pranic energy.
asteya	an inner state in which one is true to oneself non-stealing; honesty
atma	individual soul; spirit

atha	now, therefore
aum	a mantra which is described as the primordial sound; the sound through which the manifest world comes into being. In some Upanashadic texts it is written that enlightenment may come from chanting this mantra alone.
acharya	teacher; spiritual preceptor
adi	original, primordial
advaita	an aspect of yogic philosophy which aims at the goal of experiencing a state beyond duality, beyond opposites such as like and dislike, good and bad, etc
agni	fire; fire element, see Tattwas
agnisar kriya	increases prana and heat in the body through pranayama and mudra; preparatory for nauli
aham	individuality, the concept of ahamkara - the ego factor which identifies the self with the material environment; identity of the individual being
ahara	the craving for satisfaction: the urge to consume
ahimsa	absence of negativity from within; non - violence
ajna chakra	concentration point at the top of the spine; situated in the mid brain, behind the eyebrow centre at the medulla oblongata, associated with deeper knowledge, ability to visualise, memory and intuition. It is considered to be responsible for monitoring the other chakras.
akara	form; dimension in which individuality manifests
akasha	space; Brahman. Akasha tattwa is the ether element, see Tattwas
akasha dharana	preparatory practice for Laya Yoga
alakh bara	invisible boundary; secluded place for sadhana
amaroli	the practice of using one's own urine for therapy
anahata chakra	concentration point in the spine behind the heart; centre of emotion and the experience of unconditional love.
anandamaya kosha	the dimension of bliss
annamaya kosha	the dimension of matter: the physical body

antar darshan	vision of the inner self; the practice of observing emotions in the hridayakasha
antar dhyana	observing and channelling the desires
antar mouna	thought observation; inner silence
anushasanam	governing or managing the subtle aspects of human personality; discipline
anusthana	constant remembrance of God; observance
apana vayu	downward flowing prana between manipura and mooladhara
aparigraha	happiness with whatever is there without any desire for more; non-accumulation
arohan	a nadi or flow of ascending energy; to climb
artha	security in the social realm
asana	physical posture in which one is at ease and in harmony with one's self.
ashuddha	impure
ashwini mudra	involves contraction and relaxation of the anal sphincter muscles causing a rise in pranic energy.
asteya	an inner state in which one is true to oneself non-stealing; honesty
atma	individual soul; spirit
atha	now, therefore
aum	a mantra which is described as the primordial sound; the sound through which the manifest world comes into being. In some Upanashadic texts it is written that enlightenment may come from chanting this mantra alone.
aum namah shivaya	a well known "universal mantra" that may be repeated by anyone, but also a personal mantra that may be given by a guru at the time of initiation.
avadhoota	one who transcends body and worldly consciousness
avasthanam	to be established in
avidya	ignorance of reality
awarohan	a nadi of descending energy; to climb down

ayurveda a traditional Indian system of medicine

## A

Arjuna in the Bhagavad gita he is the warrior who questions Krishna about his purpose in life.

Arjuna in the Bhagavad gita he is the warrior who questions Krishna about his purpose in life.

## B

bandhas Bandhas are a series of powerful locks designed to unlock blockages of energy in the body. Moolbandha contracts an area around mooladhara chakra in the perineal area. Uddiyana bandha involves a contraction of the abdominal area. Jalandhara bandha involves a contraction of the throat. Mahabandha is a combination of all three locks.

basti a practice which cleans the bowels

beeja seed

bhajans bhajans are a form of chanting. Usually, they are traditional sanskrit passages, with several or many verses, and are sung to beautiful traditional melodies. It is a traditional way that important spiritual texts were passed on. In contrast kirtans are generally shorter and repeated many times.

bhakti the yoga of devotion, one of the main branches of yoga.

bhastrika a dynamic diaphragmatic breathing practice, known as bellows breathing, in which the breath is forcibly drawn in and out in equal proportions through the nostrils.

bhava attitude, state of being according to Tantra

bhaya fear, especially fear of the unknown

bhramari tranquillising pranayama; humming breath

bhuh loka dimension of consciousness related to the dimension of earth and mooladhara chakra

bhuvah loka dimensions of consciousness related to the element of water and swadhisthana chakra

bindu the source; a drop; psychic centre, concentration point at the top back of the head where the hair whorls

brahmacharya	being established in Brahman
brahmacharya asana	lifting the seated body from the floor by balancing on the palms with the arms and legs straight, thus causing a rise in pranic energy
buddhi	discerning discriminating aspect of mind; from the root "bodh" meaning to be aware of, to know; intellect.

**B**

Bhagavad Gita	an important section from the great Indian epic known as the Mahabharat. It takes the form of a long beautifully written dialogue between Krishna and Arjuna, guru and disciple, on the battlefield between two sides preparing for civil war. Arjuna is filled with doubt and questions his purpose in life; Krishna, in turn, shows him over 18 separate chapters, the secrets of yoga. The text is widely translated and available.
Bharat	a land which is immersed in light; India
Brahman	the consciousness which allows growth to take place; the one unchanging reality

**C**

chaitanya	eternal; the conscious
chakra	wheel; vortex of prana; psychic centre; Chakras are subtle energy centres in the body. The main chakras in the body are situated along the spinal column. Moving up the body the chakras are described in the following way.
chidakasha	the mental screen; the space of chitta. Subtle space inside the head often used as a place of awareness in meditation practices.
chitta	individual consciousness including the subconscious and unconscious layers of the mind (memory, thinking, concentration, attention, enquiry). Aspect of mind which receives impressions of the present experience and stores it for future use

**D**

daharakasha	the space in the regions of mooladhara and swadhisthana; space associated with vigyanamaya kosha
-------------	--

darshan	vision actual manifestation of the image
dasnami	sannyasa tradition of Shankarcharya consisting of ten branches: Arana, Ashrama, Bharati, Giri, Parvati, Puri, Sagara, Saraswati, Teertha and Vanam
deva	the luminous nature of the spirit
dharana	concentration; the focusing of mental energies; holding the state of creativity of the senses and the mind
dharma	inner knowledge of one's correct duty or obligation; expression of natural sattvic qualities
dhauti	techniques which purify different parts of the body
dhoti	unstitched cloth used as lower garment
dhyana	fusion of the mind with the object of contemplation, inner awakening; natural expression of sattvic state
diksha	initiation; from the verb to see or to concentrate
divali	Festival of Light, traditional celebration in India when the goddess Lakshmi gives blessings
drasta	the observer, the witness, the seer
dukha	pain, suffering
dwesha	repulsion; something which brings pain or enmity

**E**

ekagra	the state of one - pointed attention
ekant	solitude, total isolation

**G**

gayatri mantra	a powerful universal mantra; "Om bhuh bhuvah swaha tat savator varenium bargo devasya de mahe deya yona prachodhyat."
geru	orange dye used on the dhotis of sannyasins
grihastha	householder
guna rahita akasha	space without attributes; preparatory to Laya yoga, observing consciousness related with mooladhara
gunas	

	attributes; sattwa, rajas and tamas; natural qualities governing life; genetic qualities of the universe
guru	one who guides us in our process of evolution and enables us to become stable in our spiritual life; dispeller of darkness; that inspiration which manifests within
gyana	wisdom; path of understanding and knowledge
gyanendriyas	the five organs of knowledge, the five senses

## G

Guru Poornima	celebration of guru's grace in July
---------------	-------------------------------------

## H

ham	beeja mantra for vishuddhi chakra
hamsa	Dhyana - higher meditative practice
harmonium	a musical instrument with a keyboard, pumped by hand, often used in kirtan
hatha yoga	practices to balance the pranas which are manifesting in the body and in the mind
hatha yoga pradipika	classic text on yoga
havan	a traditional fire ceremony
hridayakasha	heart space of feelings and anahata chakra
hum	mantra governing the solar force. Part of the mantra "so hum" a mantra often associated with the breath.

## I

ida	nadi connected with the left nostril, the lunar aspect, the passive mental force
indriyas	the senses, the forces which rule the mind
ishta devata	symbol of divinity

## I

Indra	king of the gods; controller of the senses
Ishwara	a state of unchanging transcendental reality

Ishwara pranidhana   surrender or dedication to the divine will by realizing the cosmic energy which flows within us

## J

jagrit                   conscious mind

jal                       water

janah loka             the dimension of consciousness related to vishuddhi chakra and the space element

japa                    repetition

jhola                   shoulder bag

jignasu sannyasa     path of the seekers who maintain their normal lifestyle, their identity as spiritual seekers and perform sadhana to cultivate certain qualities in life

jivan                   life

jyoti                   light, name

jyotir linga           symbol of incandescent consciousness, Shiva

## K

kama                    desire

kapalbhati             breathing technique to purify and stimulate the frontal lobe of the brain

kapha                   mucous

karma                   action in the manifest or unmanifest dimension; law of cause and effect; deep impressions in life which make us think, feel and act in particular ways

karma yoga            immunity from the cause and effect of actions: harmony in action

karma Sannyasa      path of the householders who, in harmony with their normal lifestyle, follow sadhana and cultivate the qualities of intense awareness and non attachment

kaya kalpa            rejuvenation of the physical body

khechari mudra      lightly placing the underside of the tip of the tongue against the upper palate

kham brahman         space is Brahman

kirtan	mantras which are sung to music
kosha	a form; a sheath; a body; a dimension; the five kosha are: annamaya, pranamaya, manomaya, vigyanamaya, anandamaya
kri	action, motion
kriya yoga	sequence of techniques involving the movement of prana and consciousness leading to dhyana
krodha	anger
kundalini	latent energy in mooladhara chakra; evolutionary force
kundalini yoga	practices for the awakening of kundalini
kunjal	a practice of dhauti which removes excess mucus by voluntarily vomiting after taking warm salty water

## K

Karmendriyas	the five organs of action: hands, feet, tongue, excretory and reproductive organs
--------------	---

## L

laghoo	light; a short form of shankaparakshalana
lam	beeja mantra for mooladhara chakra
laya yoga	meditation practice involving dissolving different stages of consciousness without creating imbalance
lobha	greed
lokas	22nd to 28th levels of evolution: dimensions where consciousness is active and energy is passive: bhuh, bhuvah, swah, mahah, janah, tapah, and satya

## M

mada	ego
maha akasha	great space; preparatory to Laya Yoga; observation of consciousness related with manipura chakra which is bright like the middle of the sun
mahah loka	dimension of consciousness related to anahata chakra and the element of air Maha prana - space, cosmic energy

mahat	unmanifest mind: manas. buddhi, chitta, ahamkara
maithuna	the sexual instinct; tantric union
mala	a garland usually composed of 108 beads; an aid to meditation practise
manas	aspect of manifest mind involved in experiences of sensory perception and thought/counter thought
mandala	diagram within a circumference symbolising the deeper aspects of man's psyche; complex geometrical symbol merging macrocosmic and microcosmic events
manipura	chakra located at the spine behind behind the navel. Associated with strength and power
manomaya kosha	the dimension of mind
mantra	subtle sound vibrations which liberate internal forces
mantra diksha	an initiation practice involving receiving a mantra from a guru
mantra yoga	the science of understanding the effect of sound vibrations as they influence the human personality
matsarya	negative tamasic possessiveness, jealousy, malice
maya	ignorance of reality; illusion or creative power
moha	attachment
moksha	freedom
mooladhara chakra	basic pranic and psychic center in the human evolutionary scale. concentration point is at the perineum in males, the cervix in females; seat of kundalini
moolbandha	concentration and contraction at mooladhara
mouna	(or mauna) silence; measured silence
mudha	the dormant or confined, bound state of mind
mudra	psycho-neural attitude which redirects pranic energy
muhurta	time
<b>N</b>	
nadi	channel or flow; passage through which energy and/or consciousness flows; river

nadi shodhana	alternate nostril breathing, a practice to purify the nadis; a balancing pranayama
nama smarana	remembrance of the divine name
narakas	1st to 7th levels of evolution which are dormant and crude, where consciousness is in the seed form
nasikagra drishti	gazing at the nose tip, a mudra which stimulates mooladhara
nauli	practice beneficial for the abdominal area and the activation of pranic flows: relates directly to manipura
neti	practice which cleanses the sinuses, relates to ajna chakra
nirajan	immaculate, without stain
nidra	isolation from the senses and the mind; sleep
nirbeeja samadhi	samadhi without seed
nirodhah	controlling, blocking, managing
nirvana	liberated state
nirvikalpa samadhi	samadhi without illusion, or alternative
nishkama seva	selfless service
nivritti	path to liberation; retirement, cessation, return
niyama	codes of conduct to imbibe in life: saucha, santosha, tapah, swadhyaya, ishwara pranidhana; natural states of the transformed personality. One of the eight limbs of Raja yoga
nyasa	proper use of cosmic strength within

**N**

Niranjanananda	Swami Niranjanananda is the successor to Paramahansa Satyananda
----------------	---

**O**

Om	(or aum) universal mantra; source of all other mantras; beeja mantra for ajna chakra; sound symbol of Brahman
----	---

**P**

pancha	five
--------	------

panchagni	sadhana of the five fires
pancha vyoma dharana	meditations on five spaces of consciousness; also called vyoma panchaka dharana
paramahansa	sannyasins who are able to discriminate between unreality and reality
param akasha	preparatory to Laya Yoga, observation of deep space and starlight in swadhisthana
patalas	8th to 14th levels of evolution which are an instinctive manifestation of individuality in life
pawanmuktasana	a series of asana to harmonise the body and prana
philosophy	yogic philosophy is both ancient and evolving.
pingala	nadi connected with the right nostril conducting active vital energy; the solar aspect; the dynamic aspect
pitta	connected with water and fire; digestive enzymes
poorna sannyasa	complete sannyasa; the traditional form of sannyasa involving internal and external renunciation and total dedication to guru
poornata	completeness
pramana	means of right knowledge; one of die five vrittis
prana	force which governs the manifest dimension; energy; vital force of life which exists in everything
prana utthana	activation of pranic energy
prana vayu	upward flowing prana between manipura and vishuddhi
pranamaya kosha	the dimension of energy
pranayama	practices involving control of inhalation, exhalation and breath retention; techniques for expanding pranic energy
prapti	attainment
pratyahara	feeding and then withdrawing the senses; observing, adjusting and accepting inner forces to attain inner harmony
pravritti	path of involvement in the world where evolution follows its natural pattern; continued effort in behaviour
prithvi	earth; earth tattwa

psychology the field of yogic psychology has a long history and comprehensive vocabulary for dealing with the subtleties of the mind. Where western psychology may classify experience into conscious, subconscious and unconscious, ego, memory, etc., for example, yoga has for many centuries divided the mind into buddhi (intellect, intuition), manas (sensory perception and thought/counter thought), chitta (memory), and ahamkara (ego, "I" identity). The complexity, richness and subtlety of this field is worth exploring. (Try the book Yoga Darshan by Paramahansa Niranjanananda)

## R

raga attraction; something which brings attachment

rahita without

raja yoga eightfold path classified by Sage Patanjali: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi

rajas creative force on the positive side; self-oriented, selfish activity on the negative side Ram -beeja mantra for manipura chakra

ramayana the epic story of the life of Rama

rishi sannyasa sannyasins with strong spiritual yogic aims living as a family unit and pursuing their spiritual paths

ritam evolving reality; settled order; truth

rupa form

## S

sabeeja samadhi samadhi with seed

sadhak one who tries to become perfect; spiritual aspirant established in sadhana

sadhana regular practice where the entire life process becomes part of an effort to achieve higher realization; practice combined with regularity, continuity, conviction and faith;

sahasrara chakra concentration point is at the crown of the head; represents the permanent state, the pure, unchanging state of energy and consciousness; state of inner effulgence or enlightenment; threshold into a new dimension

sakshi	the witness, the seer
salute to the sun	see surya namaska
sam or san	prefix meaning total, harmonious
samadhi	realization of union; dissolving or merging with divine consciousness, and the application of that realization
samana vayu	the energy between prana and apana vayu
samarpan	the ability to surrender to the divine will living in the present; dedication
samskara	unconscious memories which set up impulses and trains of thought; education: impressions in the mind leading to creative performance
sangha	A sanskrit word meaning spiritual community
sankalpa	resolve; determination or conviction
sankhya	(or samkhya) one of the six classical Indian philosophies
sannyasa	inner harmony which expresses itself externally proper use of cosmic strength; renunciation, dedication
sannyasin	one who is dedicated to spiritual knowledge
sanskrit	ancient language from which many modern languages are derived; the language related to mantras
santosha	contentment; acceptance of life
sanyama	flow of pratyahara, dharana and dhyana; restraint
satsang	being in the company or field of truth
sattwa	guna experienced when tamas and rajas are balanced; the purity and harmony which is of the inner self
satya	establishing oneself in truth
satya loka	dimension of consciousness related to sahasrara; the final state of consciousness which does not go through any changes; the fixed permanent eternal reality Saucha - experiencing the inner purity; cleanliness
savikalpa samadhi	samadhi combined with sense, verbal and true knowledge
sayuja	total identification with the object of contemplation; fusion with the object of contemplation: union

seva	selfless service; devotion
shakti	energy
shakti bandhas	a series of asana to release blocked energy
shambhavi mudra	focusing the open or closed eyes on the eyebrow centre
shanti mantras	mantras for invoking peace
sharira	body
shasan	to govern, to rule
shatkarma or shatkriya	six cleansing techniques of Hatha Yoga: neti, dhauti, nauli, basti, trataka, kapalbhati
shankaracharya	Adi, founder of the yogic lineage associated with many schools of yoga and the Satyananda tradition
shishya	one with the urge to realize the inner self and the ability to follow the guidelines given by the guru and surrender the ego
shivalingam	symbol of Shiva, or consciousness
shoonya or shoonyata	nothingness, the void
shram	effort in work, penance, austerity
shuddha	pure
siddha	master; one who has perfected
siddhi	power; perfection; the ability to flow with life
siva (or shiva)	Hindu deity representing consciousness
smriti	memory; one of the five vrittis
sneha	affection for all; attachment
spandan	vibration
sukha	pleasure
suryabheda	a vitalising pranayama
surya namaskara	salute to the sun', a series of twelve asanas to acknowledge the sun and the inner flame of evolving consciousness
sushumna	nadi activated through the balance between ida and pingala nadis; transcendence

sutra	verse thread
swa	self
swadhithana chakra	concentration point at the base of the spinal column; "one's own abode;" centre of the unconscious
swadhyaya	the study of one's personal nature; self analysis
swah loka	dimension of consciousness related to manipura chakra and the fire element Swami - master of the self
swapna	dream state, subconscious
swara	subtle flows of energy related to breath and the gunas
swarupa	one's own form

## S

Sahajoli mudra	practice involving physical contraction of muscles around the urethra and directing the energy upward; a technique for raising energy
Saraswati	goddess of creativity; one of the 12 dashnami schools founded by Adi Shankaracharya and the school to which the Satyananda tradition belongs.
Satyananda _ Paramahamsa	Satyananda Saraswati, Founder of Satyananda yoga.
Shankaparakshalana	one of the practices of dhauti: removes toxins and mucus from the digestive tract
Sivananda	a great and influential spiritual teacher, guru of Paramahamsa Satyananda and many other teachers. Sivananda Math, a charitable organisation set up by Paramahamsa Satyananda, is named in his honour.
SWAN theory	strengths, weaknesses, ambitions, and needs; a formula for success in life proposed by Swami Niranjanananda

## T

tadasana	an asana which stretches the spine; the tree pose
tamas	stability, attainment on the positive side; stagnation, fear of change on the negative side
tantra	

	ancient universal science, philosophy and culture which deals with the transcendence of human nature: expansion of mind and liberation of energy
tapah Loka	dimension of consciousness related to ajna chakra
tapas	a process of transcendence through continued effort, experiencing the force of evolution in life; heat; austerity
tattwa	elements: prithvi (earth), jal (water), agni (fire), vayu (air), akasha (ether)
tattwa akasha	practice of experiencing the different bodies of the tattwas in order to know their nature and function
tattwa shuddhi	a process of purifying the tattwas within
tejas	fire; tip of the flame; brilliance: energy
thum	mantra governing the lunar force
tiryaka tadasana	an asana which flexes the spine
tra	rescue; save: protect; see trayati
trataka	gazing at a fixed point
trayambakeshwar	one of the twelve Jyotir linga
trayati	liberates
turiya	superconsciousness
tyaga	renunciation, letting go of an attachment
tyaga jayanti	the anniversary of renunciation

## U

uddiyana bandha	pulling the abdominal organs up and in, creating a natural upward flow of energy
ujjayi pranayama	slightly contracting the glottis of the throat so the breath makes a light snoring sound; a deep relaxing breath used often in meditation practices

## V

vairagya	not being attached to the desires and personal cravings nor influenced by raga; being non-attached
vajroli mudra	

	involves physical contraction of the muscles surrounding the urethra causing pranic energy to rise
vam	beeja mantra for swadhisthana chakra
vata	related to air and ether; wind
vayu	air; prana or energy flow as in pancha vayu: prana, apana, samana, udana, vyana
vedanta	cream of the vedas, a series of ancient philosophical dialogues, often in the form of discussions between guru and disciple, in which the great questions of life are examined. They are often found as sections within the Vedas
vedas	A series of extensive ancient texts which detail rituals and duties in life
vidya	wisdom
vigyana	absolute knowledge; intuitive ability
vigyanamaya kosha	the dimension of inner wisdom
vikalpa	one of the five vrittis; doubt; an alternative; error
vikshipta	the dissipated or oscillating state of mind
viparyaya	wrong knowledge; one of the five vrittis
vipareeta karani mudra	inverted psychic attitude; the half shoulder-stand with greater intensity of concentration
vishuddhi chakra	energy centre with the concentration point in the spine behind the thyroid gland; centre for pure expression.
viveka	discrimination, right knowledge or understanding
vrittis	fluctuations, modifications, forces which dominate the mind at one given moment
vyoma	space

## Y

yam	beeja mantra for anahata chakra
yama	five codes of conduct or disciplines to imbibe ill life: ahimsa, satya, asteya, brahmacharya, aparigraha; natural states of the transformed human personality

yan from yana	the subtle vehicle
yantra	simple or complex geometric symbols which aid in liberating the subtle vehicle of consciousness
yoga	attaining harmony, union
yoga nidra	where one is neither awake nor in deep sleep

- [Home](#)
- [Prasad](#)
- [Glossary](#)

#### Contact Us

A300 Mangrove Creek Rd  
Mangrove Creek NSW  
Australia 2250

P02 4377 1171

[Visit contact page](#)

You may practise raja, hatha, kundalini, mantra and bhakti yoga, but if you underestimate karma yoga, then all these yogas can lead you to a dissipated and dispersed state of mind. Everyone who is practising yoga should transform their daily activities through the philosophy of karma yoga.

- Swami Satyananda

[Satyananda Yoga Australasia](#)

- [Home](#)
- [News](#)
- [Yoga](#)
- [Yoga Retreats](#)
- [Yogic Studies](#)
- [Yoga Classes](#)
  
- [Privacy & Security](#)
- [Terms & Conditions](#)
- © 2013 Satyananda Yoga. All Rights Reserved.

Satyananda Yoga® & Satyananda Yoga Nidra® are trademarks of IYFM used under license.