



The Eight Limbs of Yoga

Myrilla Bulwer

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What are the Eight Limbs of Yoga?

In spite of the conviction of numerous, there is nothing intricate about Yoga. The word yoga basically implies union or amalgamation in Sanskrit. Sanskrit is a broad dialect, which is talked in India; which is the place Yoga began from in any case. The amalgamation or union in Yoga includes the body, soul and brain and it intensely connects with physical postures and stances ordinarily known as asana in the Sanskrit dialect.

In actuality, asana (physical stances and stances) is only a branch/limb of Yoga; others include mental and otherworldly wellness. Examined underneath are some of these branches/limbs of Yoga:
Yoga - The Eight Limbs of Yoga

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