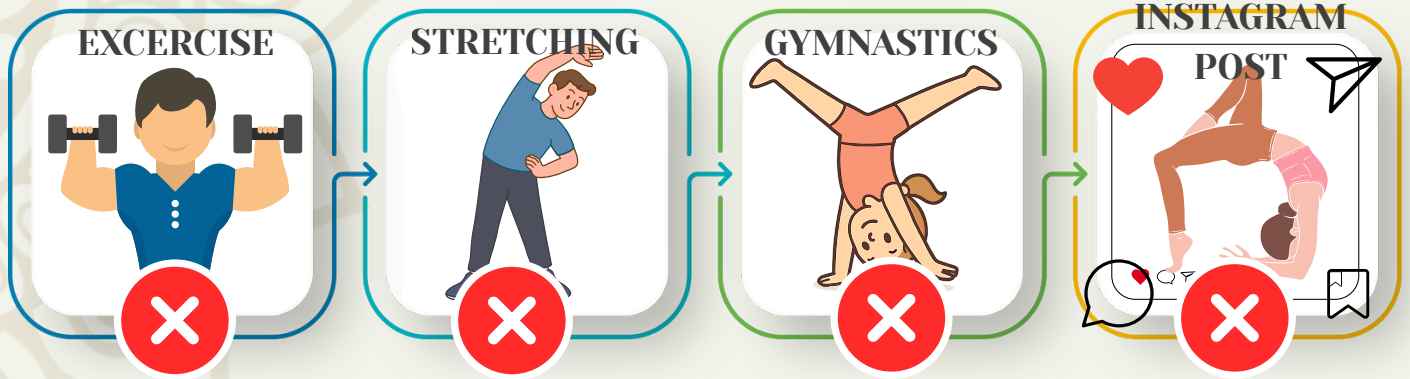


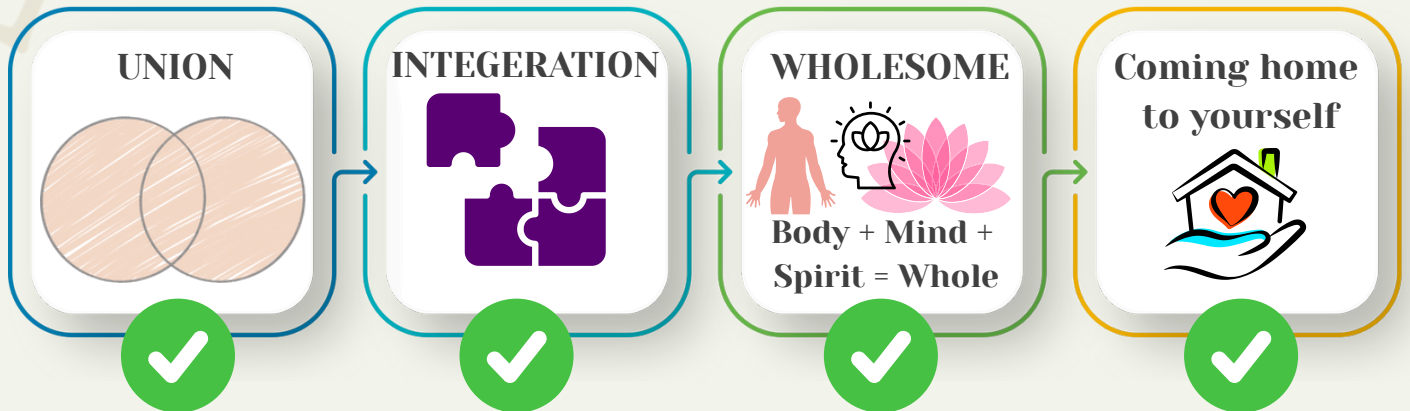
YOGA

From the Sanskrit root 'yuj' - to unite, to join together

What Yoga is NOT



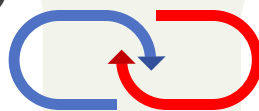
What Yoga Actually is



Why do we suffer

AVIDYA (Disconnection)

Separated from others
Separated from nature
Separated from ourselves



How Yoga helps ?

Reconnects us

To our source
To our breath
To our mind



"Sometimes Modern yoga is reduced to single branch - We've been eating the wrapper and throwing away the chocolate"

"Yoga is not something you DO for an hour. It's something you BECOME."