

Yoga

Yoga is a more than 2000 year old philosophy originating from India.

The word *Yoga* comes from the sanscrit word *yuga* which means yoke, from *yui* to harness, to tie together. The meaning is to tie together the human being and his soul and to unify and connect the human soul to God.

Originally Yoga was a purely spiritual way aiming for enlightenment through meditation. The different *asanas* (Yoga positions) only developed gradually. Their preliminary goal was to purify and open up the body, make it strong from inside and mobilize it so it could stay in a meditation position (lotus seat) for a long time possibly without any discomfort.

Throughout the centuries the positive and healing effect of the *asanas* on the human wellbeing was recognized. The *asanas* were developed further and physical activity became more and more important in Yoga.

The creation of Hatha Yoga is a first result of this development.

The «Hatha Yoga Pradipika», a book from the 15th century, describes techniques which include the body as an effective means and tools to reach the spiritual and existential goals of Yoga.

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