

Course Name: Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Types of Yoga

Topic No. – Section A (1)

Paper No. - V

Lecture No. - 2

Lecture Title

Type of yoga

Summary

Different yogic texts talk about various yoga school out of which main are Hath yoga, Bhakti yoga, Dhyana yoga and Raja yoga, which includes Karma yoga and Jnana yoga. All schools of yoga must have the basis if they really claim to be a yogi. Raja yoga and Hath yoga are necessary counter-parts of each other. Broadly speaking Hath-Yoga-Cum-Raja-Yoga completes the entire body of yoga.