

About Yoga

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"Yoga is one of the most extraordinary spiritual sciences that mankind has ever discovered. It is like a gem of great proportions, containing many facets whose light can illuminate the whole of our lives with great meaning." (Frawley 2011 p17)

Yoga is today the fruit of what the wise of the Himalayas and the yogis in India have taught and passed on for many centuries. According to the yogis, yoga has its origin at the beginning of this age, 10,000 years ago. The oldest surviving scriptures are more than 2000 years old. Humans have always pursued spiritual growth and searched for the wholeness of body, mind and soul. Their pursuit always had to be adapted to the individual's requirements and those of the current age. Therefore, also today yoga cannot be considered separately from the current conditions of life, global changes and individual challenges.

Yoga means self-realization. Yoga can make us healthy and whole as we detach ourselves from our destructive mental patterns (kleshas) through our growing consciousness. Yoga aids us in re-discovering our inner light (purusha) or our inner master (drasta). The goal of yoga is to find this inner light anew and to strengthen our inner master so that the mind (drsyana) can follow him and our original balance is re-established. Yoga teaches us, from our inner light and in union with our inner voice, to form our life in a positive way. Therefore, yoga is the goal and the path at the same time: Yoga helps us to find ourselves, our inner core. Yoga as a path encompasses the variety of methods that serve this great goal.

The practise of asana is one of the distinct methods of the eight limbs of yoga. The classical system of Raja Yoga ("Royal Yoga") - which the Yoga Academy and its programmes follow - was written down by Patanjali in the form of the yoga sutras approximately 2000 years ago. His work was based on older manuscripts of the vedic scriptures. Raja Yoga includes the whole range of yoga practises: asana, pranayama, mantra and many forms of meditation. Yoga always adjusts to the practitioner - not the other way around. This means, every person at every age and with all different individual prerequisites and even with restrictions due to illness can find their own yoga path.

One of the fundamental understandings we have at the "Yoga Academy for life and learning" is that yoga and ayurveda are inextricably linked with each other because yoga grew alongside ayurveda. Yoga and ayurveda are both vedic sciences that have developed together and always influenced one another. Ayurveda is a holistic healing method of India which considers all aspects of health and wellbeing as well as all healing methods - from nutrition to movement exercises and life style to yoga and meditation.

Because of its unique understanding of the individual constitution (doshas), ayurveda allows every person with their individual prerequisites, needs and conditions of life to live in health and harmony.

Yoga is the science of self-realization and the key to all spiritual development. Ayurveda is the science of self-healing with the goal of physical and emotional health. Together, yoga and ayurveda form a complete discipline that can provide us with an astonishing amount of energy and vitality.

Based on this holistic viewpoint, yoga and ayurveda will always go hand in hand when it comes to the mental approach of the programmes and contributions at the "Yoga Academy for life and learning".

References:

Frawley, David: Yoga and Ayurveda Self-Healing and Self-Realization. 2011

Skuban, Ralph: Patanjalis Yogasutra. Der Königsweg zu einem weisen Leben. 2011

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