

Comprehensive Yoga

Introduction

Yoga is the most sophisticated spiritual tradition in the world. It is also the oldest continuous endeavors to map the path from the valley of spiritual ignorance to the peak of enlightenment, and it offers the largest assemblage of practical tools for self - transformation and self-transcendence.

What is Yoga?

Yoga literally means Yukta (united) with self. It is derived from YUJ (Sanskrit word) to yoke or concentrate. Yoga is one of the six systems of Hindu Philosophy the other being Samkhya, Nyaya, Vaisheshika, PurvaMimamsa and UttaraMimamsa.

In the pages to follow, a humble attempt has been made to portray Yoga through Philately.

Plan Page

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Bibliography: 1 Light on Yoga by Sri B.K.S. Iyengar

2. Autobiography of a Yogi by Sri Paramahansa Yogananda

3. Complete works of Swamy Vivekananda

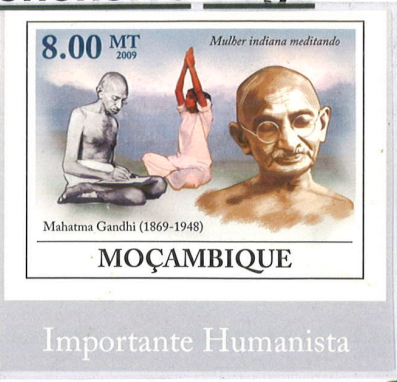
4 Dictionary of medicinal plants by Sambamurthy

5 CharakaSamhita

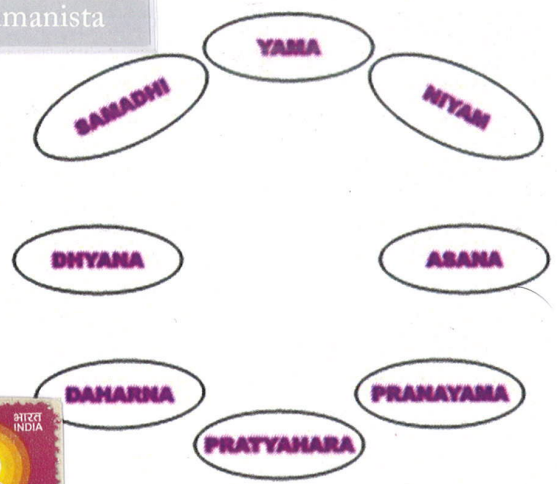
6 Medicinal Plants of the World by B. E. Van Wyk and Michael Wink

7 Light on Life by Sri B.K.S. Iyengar

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ASHTANGA YOGA 8 LIMBS OF YOGA



Ayurveda and Yoga

Ayurveda is one of the four Upavedas or secondary Vedic texts. Ayurvedic texts starting with CharakaSamhita, the most central of the classical Ayurvedic texts, mention Yoga in some detail. Yoga practices form part of Ayurveda's behavioral medicine as well as treatment methods and Yoga is often part of an Ayurvedic life-style.

Yoga as an alternative Therapy

Yoga is considered a mind-body intervention that is used to reduce the health effects of generalized stress. Yoga is believed to calm the nervous system and balance the body, mind, and spirit. Yoga is a healing system of theory and practice practiced for over 5000 years.

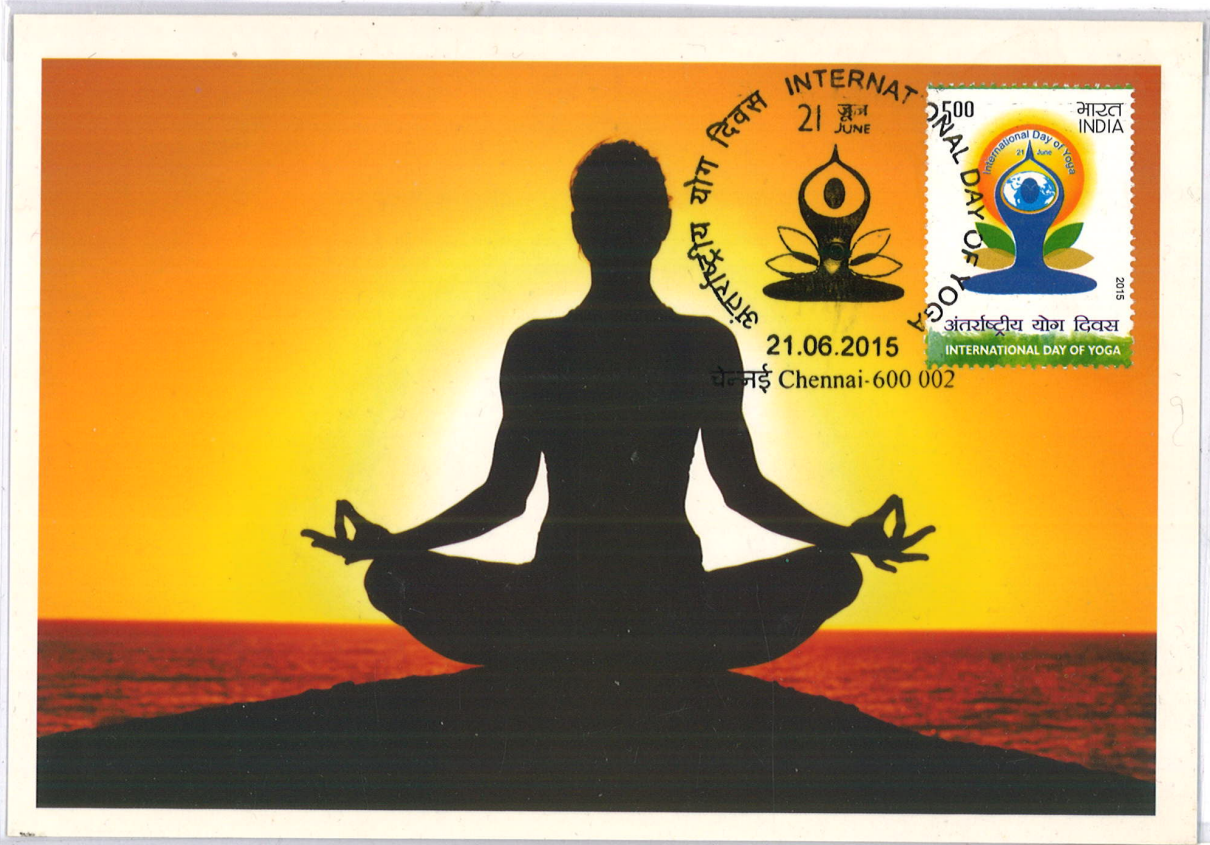
The Yoga Symbol on the stamp depicts a perfect harmony of body mind and nature. Colors represent blue-water, green-nature, brown-earth and orange-sun energy.



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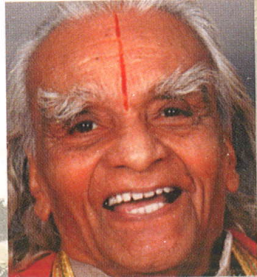
Yoga and its Origin.

Yoga is an ancient physical, mental and spiritual practice that originated in India. While yogaasanas are immensely effective and helpful, yoga is more than the asanas or poses it is known for today. It is, also not just a passing modern fad that evolved over the last few decades. The fact is that it dates back as far as a few millenniums! Yes, incredible as it sounds, yoga goes way back to BC times. So, it is no wonder that so many around the world are attracted to such a time-tested practice.



ವಿಶೇಷ ಲಕೋಟೆ ವಿಶೇಷ ಆವರಣ Special Cover

ಯೋಗಾಚಾರ್ಯ ಬಿ.ಕೆ.ಎಸ್. ಐಯ್ಯಂಗಾರ್‌ರವರ
ಜನ್ಮ ಶತಮಾನೋತ್ಸವ
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ಕಾ ಜನ್ಮ ಶತಾಬ್ದಿ ವರ್ಷ



YOGACHARYA
B. K. S.
IYENGAR
100
CENTENARY YEAR 2018



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17-12-2018



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1 .Maharishi Patanjali - "The Father of Yoga"

In sutra 2 of the first chapter, Patanjali has defined yoga as

योगश्चित्तवृत्तिनिरोधः

Yoga is the restraint of the modifications of the mind-stuff" - translation by Swami Vivekananda.

In its 196 aphorism Maharishi Patanjali has condensed the essential philosophy and technique of yoga in a manner which is a marvel of condensed and systematic exposition. While all the benefits of yoga are certainly desirable, most people are ignorant about the true meaning and purpose of yoga which is "the ability to control the fluctuations of the mind"...MaharishiPatanjali...Yoga Sutras.



प्रथम दिवस आवरण FIRST DAY COVER



महर्षि पतंजलि Maharshi Patanjali



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2. Bhagavad Gita and Yoga

Lord Krishna uses the word yoga profoundly in the Bhagavad Gita, yoga in the Gita is rich & a guide even to this day for daily practices. Lord Krishna talks to Arjuna in Bhagavad Gita chapter 2 verse 48 & 50 about "Yogah Karmasu Kaushalam" - Yoga is excellence at work.

To understand Gita and Yoga, one has to read the verses from Gita.

**योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।
सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ॥48॥**

"Be steady in yoga, Arjun, do whatever you must do; give up attachment, be indifferent to failure and success. This stability (samatva-buddhi) is yoga."

**बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते ।
तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥50॥**

"With this mental poise, you will free yourself from good deeds and ill deeds, devote yourself to this yoga; it is the secret of success in work."

As one of the world's most important yoga texts, the **Bhagavad Gita** stands to illumine the areas in our lives.



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यदा यदा हि धर्मस्य वत्सन्ति
भारतो अभ्युत्थानमधर्मस्य कुरुक्षेत्रे
सृजाम्यहं भूतानि तानि विद्महे
पार्थ साधूनां विन्ता
आय च दुष्कृताम् धर्म
संस्थापनार्थाय संभवामि युगे युगे ॥



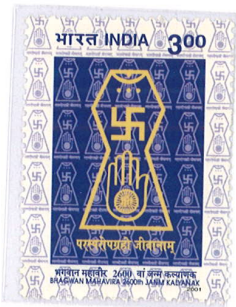
भगवद्गीता—BHAGAWADGEETA



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3. Other Proponents of Yoga

Rishabhanatha also known as Rishabadev is the first Thirthankara of Jainism.



Se-tenant stamp



He practiced silence and Yoga. **Vardhamana** was the twenty fourth Thirthankara. The sacred scriptures portray that he is a formidable ascetic who practiced extreme yogic tapas.

बिपेक्स
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2007

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BIPEX 2007



अन्तर्राष्ट्रीय अहिंसा दिवस **International Day of Non-Violence**
23.11.2007

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Illustration from the cover page of Calligraphic edition of the Constitution of India showing Vardhamana Mahavira in a Meditative Posture

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First day cancellation

3.1 Other Proponents of Yoga

Thiruvalluvar was a celebrated Tamil poet and Philosopher. He authored "Thirukkural" and his work talks about Yoga and its concepts



Sant Aruna giri Nathar was a traditional devout Hindu. One of his works is Thiruppugarazh. With dexterity he exhibits the knowledge of works like Upanishads and Yoga sutras



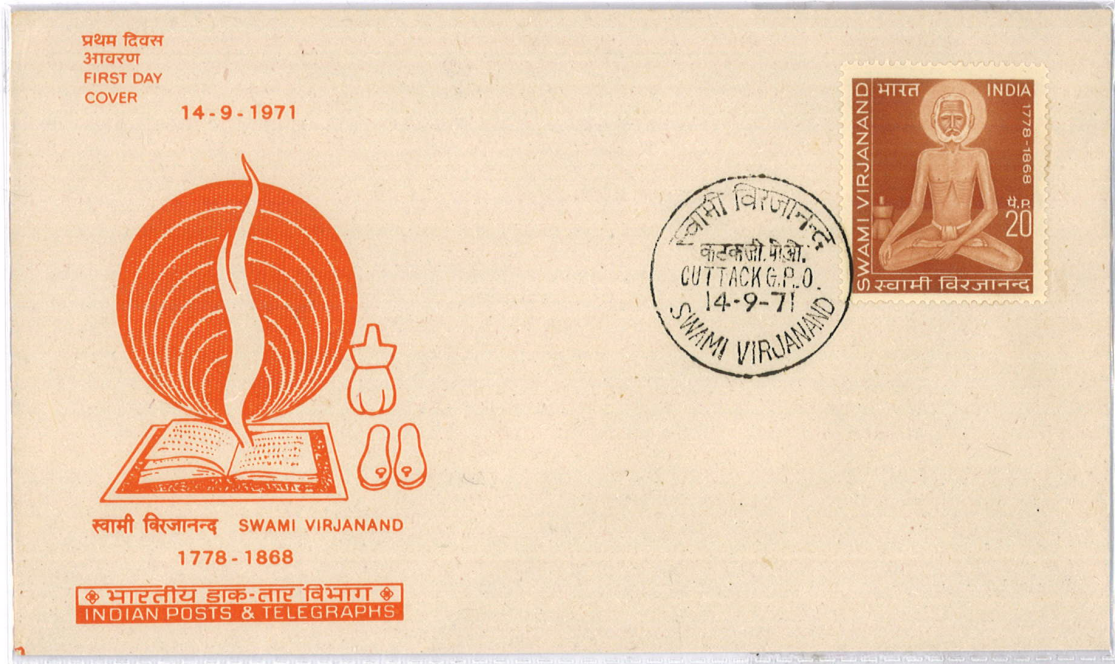
Gita Rahasya is a 1915 Marathi language book authored by Indian social reformer and Independence activist **Bal Gangadhar Tilak** while he was in prison at Mandalay, Burma. According to him, the real message behind the Bhagavad Gita is selfless action.



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3.2 Other Proponents of Yoga

The blind sage of Mathura, **Swamy Virajanand** lost his eyes at the age of five, led his life in meditation and austerity for 3 years in Rishikesh. He was initiated in to sanyasa and Yogic practices. He authored Shabdabodha in Sanskrit.



Born on 1867 into a pious family **Sri Hangal Kumaraswamy** became adept in the most important scriptures. As a monk he served Hangal Virakta math. He made Yoga compulsory for all in his institution. *Postally used FDC*



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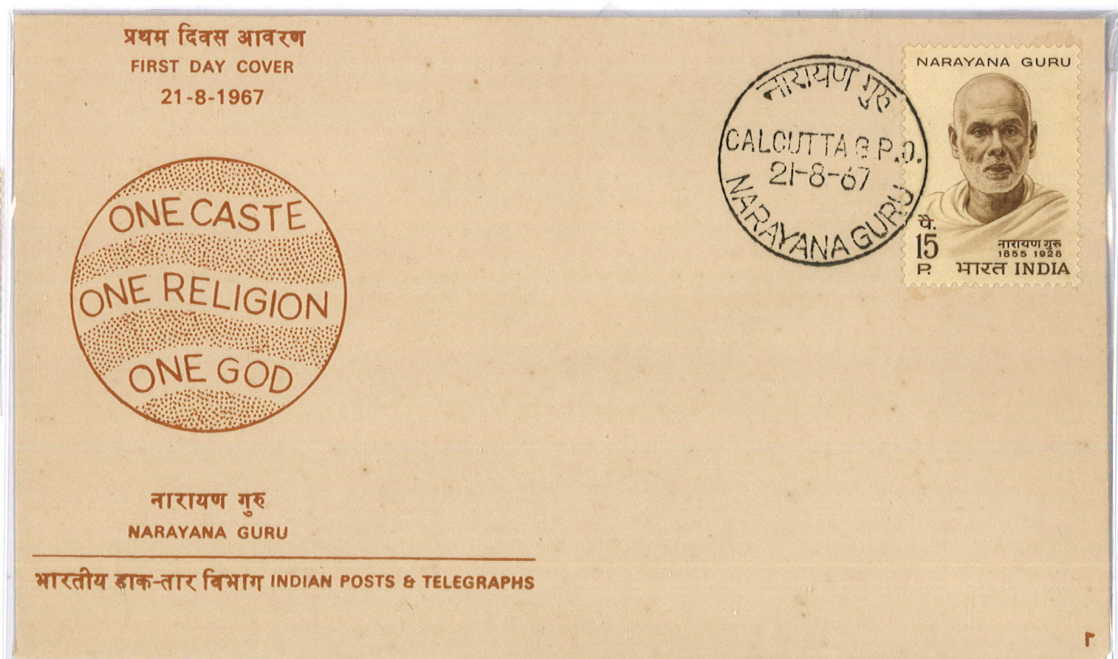
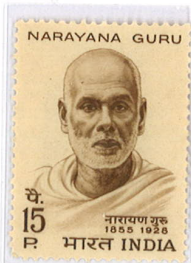
3.3 Other Proponents of Yoga



Mahaprabhu Vallabhacharya was born in Champaranya. He was a genius, who completed the study of all Hindu scriptures including Yoga. At the age of 12 he earned the epithet of "Bala Saraswathi"



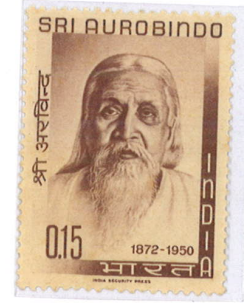
Narayanaguru was a spiritual leader, social reformer in Kerala revolted against caste system in India. Under guidance of **Thycattu Ayyaava** "HataYogi", He mastered various yogic practices including Hata Yoga.



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3.4 Other Proponents of Yoga

Sri Aurobindo was a great Yogi, Philosopher and poet. He has penned 68 Books on different topics of spirituality, "the Life Divine" focuses upon theoretical aspects of Yoga and 'Synthesis of Yoga" is a practical yoga. His Ashram in Pondicherry is a great seat of spiritual practice in integral Yoga.



Maharshi Dayananda Saraswathi founded the Arya Samaj led the Hindu reform movement. He was the first to give the call for Swarajya as "India for Indians". He practiced various forms of yoga and Asanas and inspired the Hindus to aspire for Swarajya. He was a Hindu saint and Social reformer.



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3.5 Other Proponents of Yoga



विशेष आवरण / Special Cover



महात्मा गांधी और स्वामी विवेकानंद / Mahatma Gandhi and Swami Vivekananda

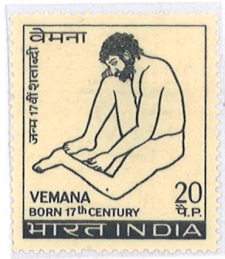
“TRUTH IS ONE, PATHS ARE DIVERSE”



Father of the Nation practiced Yoga regularly. Paramahansa Yogananda taught him Kriya Yoga at Gandhiji's ashram in Vardha. Out of the five Yamas listed by Patanjali Ahimsa and satya formed the basis of Gandhian principles.

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3.6 Other Proponents of Yoga



Gona Vema Buddha Reddy popularly known as **yogi Vemana**. He was initiated onto the path of Yoga and he travelled across the state composing poetries

Kabir was one of the medieval saints of Sufi movement. His poetical utterances (Bani) is a wealth of "Hath Yoga" and a thought structure which bears resemblance to Nath Yogis.



Yogananda was born in Gorakpur, was first Yoga Guru who was instrumental in laying the foundation for Yoga in the US a century ago. He toured in US extensively and taught yoga to a packed hall. He practiced Kriya Yoga a science based on special breathing techniques to help in self realization.

प्रथम दिवस आवरण FIRST DAY COVER



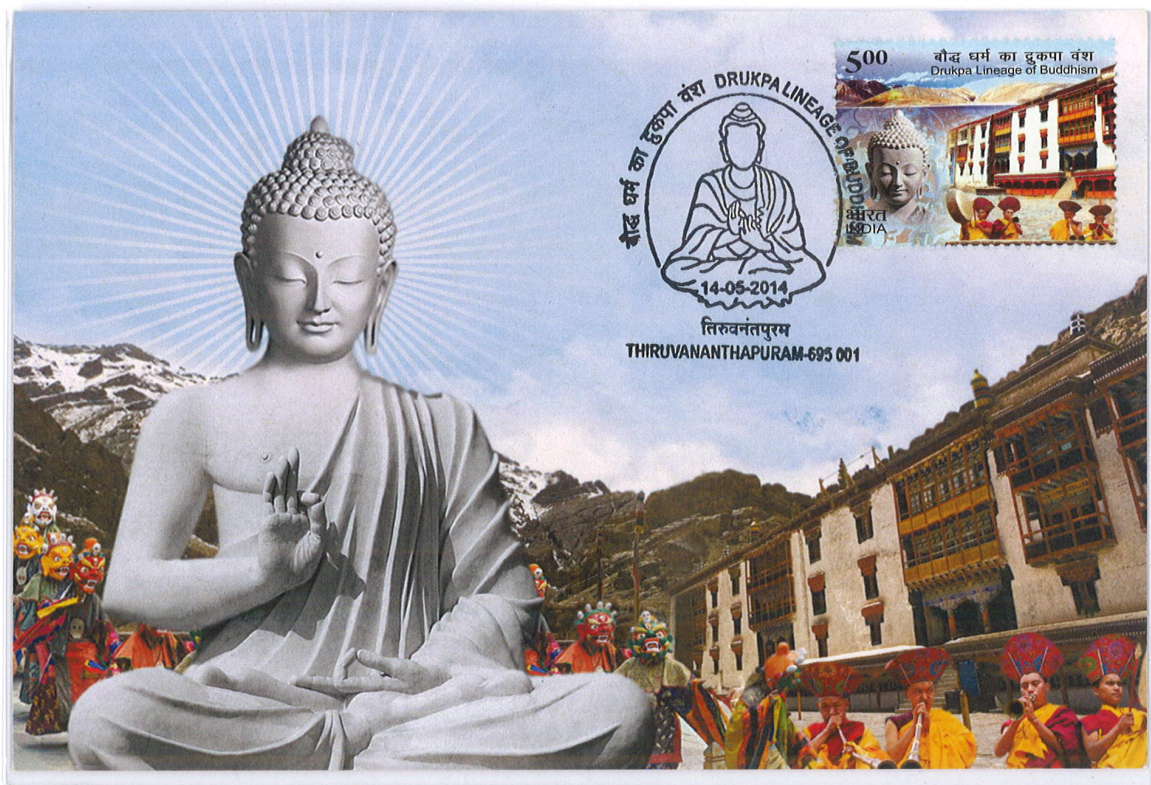
नई दिल्ली-110001 New Delhi



एक कदम स्वच्छता की ओर

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3.7 Other Proponents of Yoga



The Maxim card depicts Gautama Buddha (Siddhartha) in Padmasana

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3.8 Other Proponents of Yoga



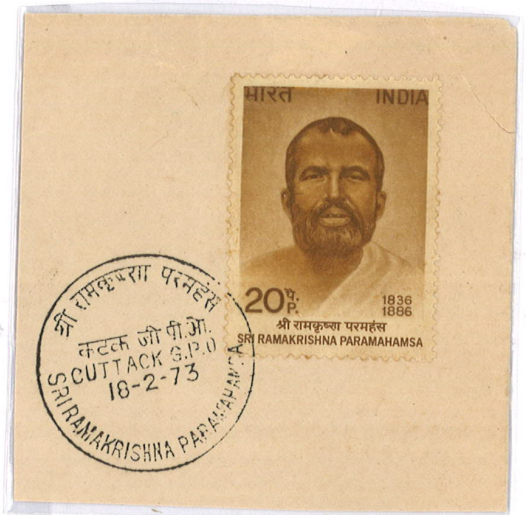
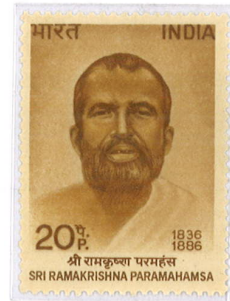
के महापरिनिर्वाण के 2550 वर्ष 2550 years of Mahaparinirvana of the Buddha

Siddhartha was a mystic wanderer, before he became Buddha the enlightened. He was tutored by two teachers one was AradaKalapa of Magadha who thought him Yogic Practices which enabled no-thing-ness, and other teacher was RudrakaRamaputra of Vaishali-whose teachings held within him non-dual vision- the prediction of new heights of spiritual evolution.

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3.9 Other Proponents of Yoga

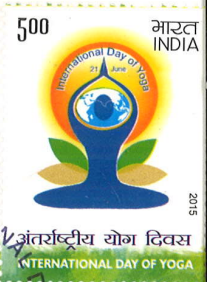
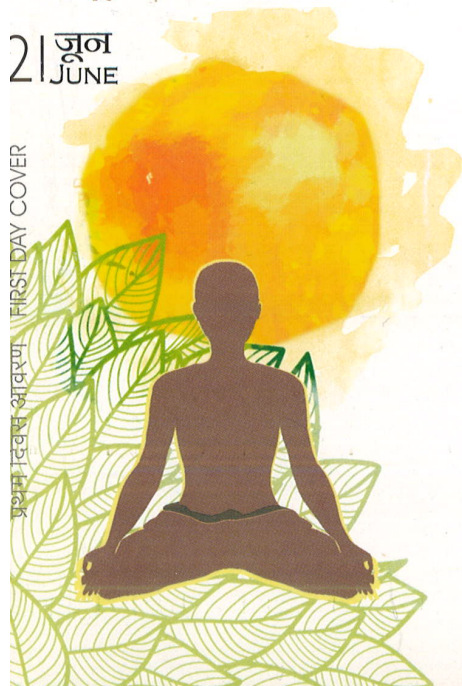
Sri Ramakrishna Paramahansa was a Yogi, experienced spiritual ecstasies at an young age. He learnt tantric practices and kundalini yoga his guru initiated him to Sanyasa, yoga and meditation and he attained Nirvikalpa samadhi.



अंतर्राष्ट्रीय योग दिवस INTERNATIONAL DAY OF YOGA

21 जून
21 JUNE

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3.10 Other Proponents of Yoga

Swamy Vivekananda introduced Yoga to the Western world. He described Yoga as a practice that joins human to "reality" or "God. Both the goal and the methods employed for reaching is called Yoga. He spelt out the four pathways of attaining Moksha from the worldly pleasure and attachment in his books..... Karma yoga, Bhakti yoga, Râja yoga, and Jnâna yoga. Although **Swami Vivekananda** made no explicit mention of yoga in his address, what he taught is now popularly known as Jnana yoga, the yoga of knowledge

