

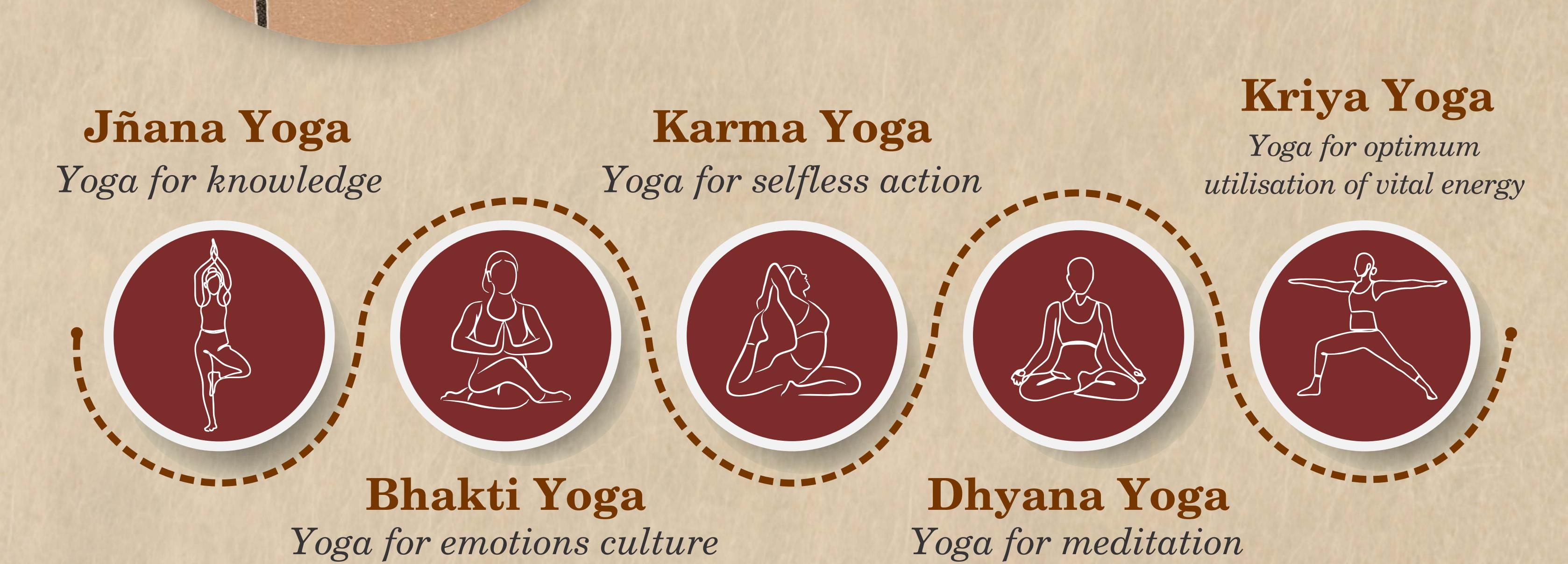
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Fundamentals of Y oga



Yoga works at the level of one's body, mind, emotion, and energy. This has given rise to five broad classifications of VnG



Every individual is a unique combination of these five factors, and only a Guru (teacher) can prescribe the appropriate combination of the five fundamental paths tailored to each seeker's needs.

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