



Focus on... Sanskrit and Yoga

#75

Lotus Pose...

The Sanskrit, Padmasana is (Padma, "lotus" Āsana, "posture" or "seat"). It is often believed the lotus is used as a symbol of growth towards perfection and enlightenment as it is rooted in the mud at the bottom of the pond, but rises and blooms above the water.



Did you know...

Bhakti yoga is a spiritual path or spiritual practice within Hinduism focused on loving devotion towards any personal deity. It is one of the many paths in Hinduism which lead to Moksha, the other paths being Jnana yoga and Karma yoga.

Go explore...

Many Yoga poses are named after Animals and Birds. Some of the Birds that have postures named after them are: Pigeon, Eagle, Crow, Peacock, Bird of Paradise, Crane. Do you know how to do any of them?

Sanskrit...

न चोराहार्यम् न च राजहार्यम्,
न भ्रातृभाज्यं न च भारकारि।
व्यये कृते वर्धत एव नित्यं,
विद्याधनं सर्वधनप्रधानम्॥

IT CANNOT BE STOLEN BY THIEVES, NOR CAN IT BE TAKEN AWAY BY THE KINGS. IT CANNOT BE DIVIDED AMONG BROTHERS, IT DOES NOT HAVE A WEIGHT. IF SPENT REGULARLY, IT ALWAYS KEEPS GROWING. THE WEALTH OF KNOWLEDGE IS THE MOST SUPERIOR WEALTH OF ALL!

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