



Focus on... Yoga

#175

On this day...

It is the 6th. There are 6 branches of yoga.

1. Raja Yoga
2. Jnana Yoga
3. Tantra Yoga
4. Hatha Yoga
5. Bhakti Yoga
6. Karma Yoga



Did you know...

Ashtanga Namaskar, the eight point pose, is named because 8 points of the body touch the mat...

2 Hands

2 Feet

2 Knees

1 Chest

1 Chin

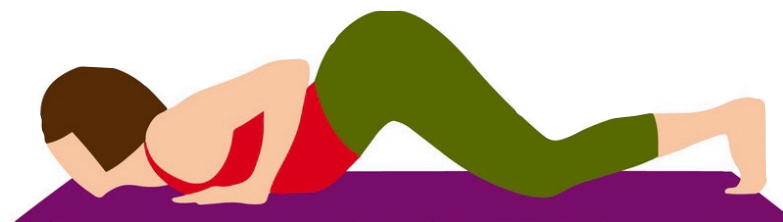
Go explore...

Can you find another Yoga pose that has a Sanskrit number in its name?



Picture this...

Ashtanga Namaskar



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