

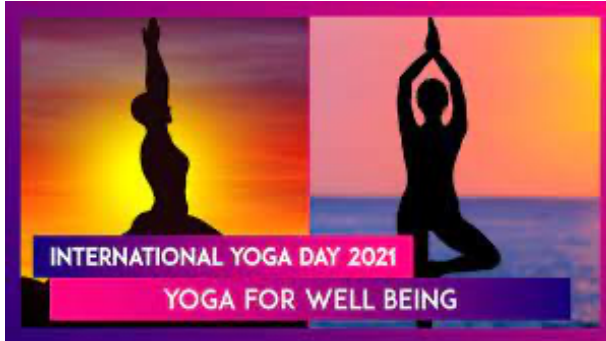


Focus on... Sanskrit and Yoga

#199

On this day...

The 21st June is the international day of Yoga.



Did you know...

Maha-Yamaka is a style of poetry in Sanskrit, where all four lines in the verse are same, but each line has a different meaning.

*vikāśamīyurjagatīśamārgaṇā
vikāśamīyurjagatīśamārgaṇāḥ |
vikāśamīyurjagatīśamārgaṇā
vikāśamīyurjagatīśamārgaṇāḥ ||*

Go explore...

Asana literally means 'to sit down'. Patanjali said Asana should be 'steady and comfortable'. As part of the 8 limbs of yoga, Asana is the physical postures we do to strengthen our body in order to sit in long periods of meditation.

Picture this...



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