

# *Vidya Bhawan Balika Vidyapeeth, lkr*

Std:- V                      Sub:- English

Date:- 03-09-2020

## YOGA

Yoga is an ancient practice for a healthy mind and body.

It is a form of exercise and meditation, which is very helpful for making our lives better.

The posture and poses of yoga do not only benefit the physical body, but also enhance the spiritual energy.

The six branches of yoga symbolize a special form related to a different set of characteristics of yoga.

Raja Yoga is the royal practice which is mainly about meditation and self-realization.

Bhakti Yoga symbolizes the path towards devotion and spirituality.

'Jnana' or 'Gyan' Yoga focuses on the path of knowledge and wisdom.

Karma Yoga is the path of action and selfless service without any gain and benefits.

Hatha Yoga is the branch with various yoga postures and poses to practice.

Tantra Yoga is the path of ritualism, customs, relationships and ceremonial practices.

H.W Write it two times in neat and clean writing

By Sanjeev Kumar