

Martin Kirk,
Brooke Boon, Daniel DiTuro

HATHA JOGA

Bezpieczne ćwiczenia dla ciała i umysłu



HATHA JOGA

**Martin Kirk,
Brooke Boon, Daniel DiTuro**

HATHA JOGA

Bezpieczne ćwiczenia dla ciała i umysłu



REDAKCJA: Natalia Paszko
SKŁAD: Hca UgnDj Ugyk JW
PROJEKT OKŁADKI: Piotr Pisiak
TŁUMACZENIE: 9 VYUDJ Ugyk JW
KONSULTACJA MERYTORYCZNA: 9k U i_Ug gU
ZDJĘCIA: 8UjY'8]Hi fc

K nXb]Y=
6-5 MHC? '86%
-G6B - +, ' !*(&, !() !+

7cdnfi[\h] '88S*z88S(VriA Uf]b?]f_ż6fcc_Y6ccbžUbX8UjY'8]Hi fc

D\c\c[fUd\gWdnfi[\h] '88S& 88S' 8UjY'8]Hi fcZU`f[\hgYgYf YX`H\YfYdfcX W]cb'cZUbrn
d\c\c[fUd\z]b k \c Ycf]b dUfzVriLbrn YUgbck _bck b'cf \YfYUzmf]bj YbhX]gZcfV]XXb'
k]h.ci hñ Yk f]Hhb WbgYbhcZh YWdnfi[\h'c Xf"

5`f[\hgYgYf YX'9l WdñZf i gY]b UfY]Yk Zh YfYdfcX W]cb'cf i]]rU]cb'cZh]gk cf_]b'
UbrZ'fa 'cf VriUbrnY W]cb]Wza YWU]W]Zcf cñ Yf a YUgbck _bck b'cf \YfYUzmf]bj YbhX
]bW]X]b] 1 Yfc[fUd\ñd\c\cWdnfi] žUbXfY W]X]b] žUbX]b] Ubrn]bZ'fa U]cb gcfU YUbrXf]f]Y U'
gnhñ ž]gZcfV]XXb k]h.ci hñ Yk f]Hhb dfa]ggcb'cZh Ydi V]g Yf"

| 7cdnfi[\hZf h YDc]g YX]cb VriK nXk b]Mk c J]Huz6]Ungtc_ '88%
5`f[\hgYgYf YX]bW]X]b] h Yf] [\hcZfYdfcX W]cb]b k \c Ycf]b dUf]b] UbrZ'fa "

K gnY]YdfUk Uri]gnY cbY" UbUWb ãhY'di V] UW]b]Ya c YVrãdck]YUbu
Ub]fcdck gnWb]UbUriUdca cWi fraXñY YY]fcb]MbrWza YWU]W]bnVZ
_cdji ãW]Wz]b]f nk UãW]W]]bbnW Vriñd]gã bY'r] cXrñdegUW]ñd]Uk U lcfg]W"



% !+* &6]Ungtc_`
i ""5blebji_ : Uf") #&
,) ** &- &*+` fYXU_WU
,) *) (+, 'S*` gY_fYf]U
,) *)' % 'S` X]U \UbXck m `i fh
,) *) (+, ")` kkk]]U]b] & ("d` XHU
gfcBUk nXk b]Mk U k k k 'k nXk b]Mk c j]H" d
g_ Yd Zfa ck m 6]Ungtc_ ži ""5blebji_ : Uf") #88

K]dW]bZ'fa UW]rBUX]YgnbUdcf]Ui kkk "cXnk]U]b]Y&("d

DF-BH98 -B DC@5B8

Mojej żonie Jordan Kirk i mojemu synowi Jonathanowi,
a także moim nauczycielom Karen Wilson i Douglasowi Brooksowi

Martin Kirk

Mojemu mężowi Jarrettowi i moim wspaniałym dzieciom
Jory'emu, Jace'owi i Brynn

Brooke Boon

Dla Brendy i Brandy

Daniel DiTuro

Gd]g]hfY WJ

Przedmowa ... 11 DcXn]ô_ck Ub]U''''''13''''''K g]ôd''''''15

FcnXn]U '% G]ri _U]sdfU_fmU\UAU'ê[]..... 19

| | |
|--|----|
| Korzenie jogi | 21 |
| ×U_`k sdY b]`k mcfmg]Uä dfU_fm_ô`ê[] | 31 |
| BUi _U`a YXn]UW]..... | 40 |
| I nk Ub]Y`Ug]Ub`dfnYXg]Uk]cbn]W`k s_g]ä W | 45 |

FcnXn]U `& Dcm]W`g]c`âW..... 47

| | |
|--|----|
| Dcm]W] [fm..... | 48 |
| Dcm]W] dg]U`n]` ck`â`k`× | 50 |
| Dcm]W] fcn]V]ä [b]ô]Y[c`_`â]U | 52 |
| Dcm]W] fcn]V]ä [b]ô]Y[c`f` ^`â]U | 54 |
| Dcm]W]`k c`ê`k b]_U`=..... | 56 |
| Dcm]W]`V]Y[U]W]U | 58 |
| Dcm]W]`k c`ê`k b]_U`=..... | 60 |
| Dcm]W]`cXk f` V]b]Y[c`_`â]U..... | 62 |
| Dcm]W]`cXk f` V]b]Y[c`f` ^`â]U..... | 64 |
| Dcm]W]`_fn]Yg]U | 66 |
| Dcm]W]`g` cbi` `Xc`dfnc]Xi` `nsg]n]Yfc`_c`fcng]Uk]cbn]`]bc[Ua] | 68 |
| Dcm]W]`g]n]U]m]f]V]`_]k..... | 70 |
| Dcm]W]`dc`cfb]Y[c`k`c`ê`k b]_U]..... | 72 |
| Dcm]W]`]b]Y]bgn]k b]Y[c`fc]n]V]ä [Ub]U`Vc]V]b]Y[c..... | 74 |

FcnXn]U ` " Dcm]W`V]U]bg] `âW 77

| | |
|--|----|
| Dcm]W]`cf]U..... | 78 |
| Dcm]W]`Xfn]Yk]U..... | 80 |
| Dcm]W]`b]U`d]U`V]W]W | 82 |
| Dcm]W]`cXn]..... | 84 |
| Dcm]W]`cXk f` V]b]Y[c`d` _]g]ô`n]W] | 86 |
| Dcm]W]`]b]Y]bgn]k b]Y[c`fc]n]V]ä [Ub]U`bc[] | 88 |
| Dcm]W]`k c`ê`k b]_U`=..... | 90 |
| Dcm]W]`_f` `U`f]U]b]W]f]m..... | 92 |
| Dcm]W]`d` _]g]ô`n]W]..... | 94 |

FcnXn]U (" DcmW'VUUb] 'âW'nsdcXdUfV]a' bU'fô_UW 97

 bHybgnk bY'fcN]â[Ub]Y' dfnYXb]Y^gfcbrm]U U 98

 D 'dcmW'd Ugr]m]mbm]dcVW'mY^ 100

 DcmW' i fUk]U 102

 DcmW'dUk]U 104

 DcmW'_]U 106

FcnXn]U) " DcmW'cXk f VbY 109

 GhUb]Y' bU'VUF_UW' ' k]YVU 110

 DcmW'd i [U 112

 DcmW'b ['i b]Yg]cbn]W' bU' V]Ub]Y 114

 GhUb]Y' bU' [ck]Y 116

FcnXn]U * " DcmW'k n]j]öä'Xc'Imi 119

 DcmW'_cVfm 120

 DcmW'dgU'ns] ck ä'k s] fnY 122

 DcmW'k]Y'V äXU 124

 DcmW'Vi Xck Ub]U'a cgh 126

 DcmW' i _j 128

 DcmW' k]Yfg]m]U 130

 DcmW' i _j 'k n]j]â[b]öH] [c'Xc' [fm 132

 DcmW'fn]m 134

 DcmW'_ch_fck U 136

 DcmW'[c öV]U 138

FcnXn]U ' + " DcmW'g_föh k 141

 8Y'_Uhbm]g_föh_fö[cgi dU 142

 G_föh_fö[cgi dU'k s]dcmW'Y' âW^ 144

 Nk m] m]g_föhk s]dcmW'g]YXnâW^ 146

 G_föhk s]dcmW'd 'chcg 148

 G_föh_fö[cgi dU'k s]dcmW'g]YXnâW^= 150

 G_föh_fö[cgi dU'k s]dcmW'g]YXnâW^= 152

FcnXn]U ; " DcmW'g_cbi 'k s]fn X 155

 G_c'b'k s]fn X'k s]dcmW'g]YXnâW^ 156

 bHybgnk bY'fcN]â[Ub]Y'k s] öVc_]a 'g_c]b]Y'Xc' dfncXi 158

 G_c'b'k s]fn X'ns] ck ä'Xc'_c'Ub 160

 DcmW'cXk f VbY[c'g_c]bi 'ns] ck ä'Xc'_c'Ub 162

 DcmW'g]YXnâW'nsbc[Ua]'cXg] b]öma]'cX'g]YV]Y 164

 G_c'b'Xc'bc[]'k s]dcmW'g]YXnâW^nsbc[Ua]'gn]fc_c'fik s]fn_fc]_t 166

 DcmW']bHybgnk bY[c'fcN]â[b]öV]U'fn]YW'_c V]n]b 168

 DcmW' []fUbXm 170

 GndU[Uh 172

FcnXn]U ' - " DcmW'g]YXnâW 175

DcmW'`c]cgj 176
 K Y'fnYb]Y'k s[âV'g]V]Y..... 178
 DcmW' _c ng_] 180
 DcmW'g]YXnâW[c`Vc\UHYFU..... 182
 DcmW' _ôVfâW] 184
 DcmW'`k U..... 186
 DcmW' _fck]`dng_ 188
 DcmW' dU _] 190
 D]YVôâ`c[] 192
 DcmW' WUd'] 194
 DcmW' a ôXfW] 196

FcnXn]U '%\$" DcmW`Y âW]sfYU_g `âW..... 199

DcmW'`apana` `n[]ôhY`_c`UbU`dfmW]b]ôhY`Xc`_`Uh_]d]Yfg]ck Y^.. 200
 DcmW'`Y `âW[c`Vc\UHYFU 202
 FcnW]â[Ub]Y`b [`k sY Yb]i 204
 DcmW'gdôfUbY[c`_âfU..... 206
 G_fôh_fô[c]i dU`k s]dcmW]`Y `âW^nsfcnc cbna]bc[Ua]..... 208
 DcmW' a c]i `nsdcXdUfV]Ya 210
 DcXdUfmiVc\UHYf`k s]dcmW]`Y `âW^..... 212
 DcmW'Xn]YW]U..... 214
 DcmW'`fi dU..... 216

FcnXn]U '%%" NYgUk mäk]WV ` \UâU`c[] 219

-U[cXbU`c[U`=..... 220
 -U[cXbU`c[U`=..... 221
 >c[U`X`U`[]ôh_c W] =..... 222
 >c[U`X`U`[]ôh_c W] =..... 224
 J]ont]gU`c[U`=..... 225
 J]ont]gU`c[U`=..... 226
 J]ont]gU`c[U`=..... 228
 Dck]fUb]Y`G c W] =..... 230
 Dck]fUb]Y`G c W] =..... 231
 Dck]fUb]Y`? g]ô nW] =..... 232
 Dck]fUb]Y`? g]ô nW] =..... 234

Dc`YVW]bY`Y`_h] fm`"237`"×f`X`U`"238

-bXY_g]Ug]ub`"241`"C`S]i`hcfUW`"255

DfnYXa ck U

DcXf 'csXi [c V]hngjāM[a]'fcrdcMhbUgōcX'YXbY[c'_fc_i"

Dfmgck]Y]W] g]Y

DcXcVb]Y Vmc' n' dcWāh_Lā]' dcXfī nā 'U_à' Vmc' bUd]gU]Y]' n]i gfck U]Y hY' _gā _]žUrUWō UgōcbUcXdc'YXbWm]c'nXōWUk 'i ma %-- 'fc_i "'>U_ k]YY knXfny 'k' nW]žb]YVmUd'Ubc UBU'fU_hmck UYā \U'U'c[ōcXc_c c'gn! W' a]YgōW] dfUk]Ydfny_cbUYā 'gōW'Xc'Y'hfUdY hWbW'cfmW'; Xni a cXY_Už_Ĥ fāZhc[fUžk UYā ži gUXUbUdcXcXnYn'g fmck Ubra]'bc[Uā]']i c cbā'gk cVcXb]Yg]_Yb_žzdcdfcg Yā 'āc'nLā _b]ōWYcW']'nc Yb]YXcb] k' dcmW]BLa Ughyfa cX]hk bY'E'hc'nXōW]nUhi ck UYā 'BLa Ughy">Ygicb' k Vā 'YXbra' nia c]Wi' i V]cbnW'NūdcWāh_ck Uc'cbc' *The Yoga Project*žhc! [fU]Wbā' dfUWž_Ĥ fY'a]gā 'Yg'idfnY_cbU]Y' i Xn] Xc'c[]'i k]UXca]b]Y]W c'Y'dgnW]WbnWžZmWbnW'] Xi Wck nW'cfmW]W'

K 'hfU_W]a c'Y'dfm]cXm'c[ān]Lg_cWmc']'nU]Ydc_c] c'a b]YVōXbYdc'ā W]i Xn]c'gUfc nbbY'Z'cmcZ]]bX]] K gWcX' "K]Yi 'a c]W'dfmU]W' cdUWb]Y k]Yfmcž Y'c[UvmUfY]] [žz]i dUfW]Yk]YXn]ž' Yb]] Xrb]YVōXā 'Y'dfU_hmck! k Užzdc]Yk U'a c[Umn_c'Xck Lān]Wk]Yfnb]Lā]'K]Yi 'a c]W_c'Y]Ĥk' mc' k' dfnY_cbU]i ž YZWW]b]Yāk]Wā'c[]'DcXn]Y' Yā 'gōn]b]a]'a c]a]'nXōW]ā ž VmrcfUrc k Lā]a k' h'bgc]g' VdfUk Xn]k ābU'i fōdfU_hmck U]U'c[]'DcX_fY!

UYā ž Yb]Y āWngō'Y'n_cb_fYbā'fY]]]'bādfU_hmžUYnYk gng]_la]'i X! a]'>Xb] Vn] ma ZU_hā nX' a]b]ž]bb] ' nU]b]f]ck U]žU'Yg]W]bb] dcmcgU] gVdhWb]] "K Ĥk WUg]gUc'gōXUa b]Y'Ug]Yž' Y'Ygi'Yg]W]k]YYXc'rfcV]Yb]U k'_k Yg]] bU'WU]U' i Xn]c' dfUk Xn]k nW'dgnW]WbnW'] ZmWbnW'cfmW]W' c[]žUr k Ug]MU\U'U'c[]' 'dfU_hm] ZmWbnW' dcmW' c[]'7\cWU' YgicbU a Uma 'cX]Uō]Yb]Yā 'k gng]_W dfU_hmžg]UUGō['Ĥk bra 'U'Wb]hā 'k' *The Yoga Project* Xn]ō_]gk c'Y' dcdi 'fbc W]bUNUWcXn]Y' 8cXU_hck c' h' b' d'fc'Y' h]bžfa i 'Y] YX' _i 'Y' i Xn]c'a YXn]W] dfU'U'hā]Y'

<U'U'c[Ua c' Yi gdc_c]āi a ngžn]U]k b]ā' U' cXbn]fYb]b] 'i VgdfUk]žž Ygō' gdcVg]i' Dc]fU]ĤU_ Yma b]Yg]nā]h'bcž_]Xn]Yg]Y' n'g]fYgk Ubrā'i V'YdcXb]Y ā dcdfn]h'Yb]f[]Wb]Yāk]Wb]U'K]Yi 'hfU_h' Y'ā'U' dfU_hmōBYk '5[YžWcWU' Y'dcWcXnb]Yg]g' U]ng]ōW]U'hk g]W]

B]Yk Ub]YžWn]Yg]Y' bck]W]gnā 'k' dfU_hmck U]i \U'U'c[]žW]h'c' d'fcgi' Yg]Y' Y'W]Uk n]U_gā _UXc]g]U'Wn]W]dfU_hmWbnWžg]W]Ĥ ck nW]bžfa UWž

n_ĥ fñW a c Ygig cfmġġāk WxñYbbrā · nW']k' gk c'Y^dfU_mW' FcnXñU
 %XcgUfWUdcXġUk ck nW']bzfa UW' c' ^XñY' c' ĥa ž_U' k' dYb']' àk mcfmĥ
 ġġāk dfU_mW' FcnXñUmcX&"U' dc' %\$" dfñXġUk]UàgMġġġ ck Y]bzfa UW'
 c' ++ UġbUW' g' Uġġġ ck UbnW' k YXi ['fcXñU' 'dcnW' "Nk Ufñġā k' b]W' dc!
 mW' g' c' àWZVUbg' àWZVUbg' àWñdcXdfVġā' bUfô_UWžcXk fġ WbYžk nĥ
 []ôWUX' ĥni žg' fĥñžg' cbnk' dfñġ XždcnW' g' YXñW' cfUñ' Y' àW'] fYU' g' àW'
 Cdlg' UX' n' Uġb' YġicdUfrcbmXôVġā' dfñXġUk]UàWā' 'dcnW' dcWāĥ' ck āž
 nUk Ubg' k Uà']_c' Wk āžġā' Y']bgfi' _W' _fc' _dc' _fc' _i' "8cXUĥ' ck c' Xk]Yġi
 ġôc' i a ngck nW'] ZmWbnW' _cfmW' W' UġbždfñW' k k g' UĤb]UW']W' k mc!
 bnk U]]ž' _cb]fcdUW']' di b' _hW' g' i d]Yb]Uk rfc' _i' "fġrishiE" K']ô' g' c' ā'n b]W'
 nUk]fU' U' c' XbY' k Uf]UĥmbUdcWāĥ' ž' _ĥ' fY' ġā' a b]Y' YUġñW' bYž' i V VUfXñY'
 k ra U' UàW' ZmW']YXUX' c' k]UĤc' bnW' cġ' Vž Vñk ra c' W']ā']W' ĤfYb]b']' ^c']"
 FcnXñU' %%" dfñXġUk]U' %%" ñġUk Ĩ k' āk]W' Y' \Uĥ' U' c']" NUĤñb Uġôc' XW' fX' c'
 U' c' XbnW' āk]W' Y' žg' UĤ' àW' W' ġô']' Ĩ k b]YñdcnW' ñdcXdfVġā' ž'] dfñW' c!
 Xñ] X' c' VUfXñY' YbYf'] WbnWžk' ĥa' X' c' Dck]Ĥb]UG' c' W']' ? ġô' nWžk' _ĥ' fñW'
 dfñW' c' Xñ] ġñ' Y' XbY' 'dcnW' X' c' Xñ']]Y' n' fġ' h']a' c' X' c' W' ĥ']Yā' "i VVñb]Y' c"

>ġĥk]YYġñġġ' \Uĥ' U' c']" ? UXUñb]W' c' Zfi' YW' k nāĥ' ck Y' c' "K' 'dfñW'
 k]Y' ġk]YX' c' k]Yi']bbnW' U' ĥk bc W' ZmWbnW']' X' Wck nW' dfU' ĥmž' \Uĥ' U'
 ^c'] UñĤYk b]Ufġ' bnġcd]Y' Ĥfi Xbc W'] ġñdfUk]YXU' UX']' c' "5i Ĥcfmā' Uf]b'
 ?]f']']6fcc' Y6ccb' ġā' c' X' c' k]Yb]c' W' ĥñġġ' ck Ubra']]bgfi' _Ĥfġā']' k Yk ġġġ' !
 dfU' WñġYXñ]Vā']' Ĩ k bāġñ' c' mThe Baptiste Power Yoga"

ġbg' fñžġġfc' nĥññ']bX' ġ']' ^mžk' _ĥ' fra' bUġġbc' cfmġ']bUbYĤY' ġmġc']ž
 dfñk']Uġôdfññĥô' ġā' _ô' >Y']' YġY' bck]W' ġñā' žb]YVāX' b]a' cb]Y' a']Ycbmġ'
 K' 'a']Ufô' U' Ĥk' c' UdcXġġ' n' ^c']' à' VōXñY' ġôferk']' UžbU' _Ub]Y' _ĥ' fñW' Ĥfa']bġ' k'
]bUk' 'dcnW' i' Ydġñk' c' ā' dcXġġ' žUb]Y' ā'nU' Ĩ W'

BU UġYž
Daniel DiTuro

DcXnjô_ck Ub]U

7\WUWna 'dcXnjô_ck Uâ6c[i nLUXfz'U]a 'Yghr[UNcg]Uâ 'dcVc[cgUk]cbU
dUgâbU WUb]U] 'Ygha 'VfXc k XnjôMbUrUa c ']k c âXnj]Yb]Ugôb]â'dcdfn'ni
HJ]YdfUW'U 'HU'>ghâ 'nLk gn'nX a]cbUlna ž'U 'k d nk Uâ nbUgk c'Y nWž
'Y']dcXLâ ngôhâ i ž_]a 'a m]a nž Ydck]bb] a nVnâXUgk Î fWk gng]]Y
[c" Hm_c k hXn'Ygh a nk c b]žVng]Lâ gôk Ub]Ylâ'cgVâž_ h fâbUgk cfm'
k]Y_ž]bh]] Ybhâžk UbâžnXmfa]bck Ubâ]gchâ 'i Xn_â">gha 'k XnjôMbUrU
XcVfž_ h fYcfma Uâ Xnjô_] nU Zbi]'k]fny'

GMM[Î bY dcXnjô_ck Ub]U g_ Uâ 'k gfl' U hcfca ' h^_gâ _]ž A Uf]bck]'
] >cfXbžnU]Wg]WU]gnWbâ k]YXrôžWôWk ' âWb]i 'k ng]_Î k]'b]YfUWk]U
bY]c'cXLb]U]U] Y8U]Yck]' nU'Y]c hUybhZhc[fU]Wb'm

A c'Ya i 'a ô ck]' >ffYhck]']' a c]a 'Xnj]Wca ž >cfmâ i ž >UWck]']' 6fnbž
bUk]ô_gma fUXc Vca k 'a c]a ' nW' "8njô_i 'ôrUk gUfVYdfm] cb]âWV'hf'
a]bUW] VYngbnnW'bcWVž_]YXrb]YVnLâ 'nVhidfmmâ bU'8cWb]Uâ 'k Ugâ
Vrk Uf i b_ck âa] c â] 'gUWbY_ XUa c'Y]c'cgV]gh] [c'ferk c'Î] XcgfnY Yb]Y
k Ya b]Yh] [cž_]a 'Yghâ 'hfUžn]b]a 'Ugâ UrUâô Uâ 'hc Xcgfn] Uâ'5' dfnXY
k gng]]a Xnjô_i 'ôHcV]ž6c YžrUbUXb]Ya c'Ya i ' nW' g]bg]'k mcfmg]Ub]Y
a b]YXUHk c'Y^Wk Urh

Brooke Boon

A c'Yi _cWbY^ cb]Y] dUfhbYfWk bU WUb]i ž >cfXbž_ h fUk YgnUk 'a c'Y nW
] XcXUa]'cXk U]' Xc'cXk Ub]Y]c' _fc_i ž'U_]a 'VnUra]UbUrUôW' Dcfri WYa '
_Uf]Yô]b nb]YfUg]h] h k _cga]WbnWžVrk 'dYb]dc k]ôVâ gô'cXn' >cfXb'
'Yghâ 'YXbâž_ h fUrUgi [i 'YbUi rbU]YnU'Y'b]Yghfi XrbYd]gb]Yž_ fnmck U
b]Y] YXhck Ub]Ycd]g] k 'Ugub'cfUhrUdcX] 'âXb]Y] fY ng]fck Ub]Ygô] nXôW!
k nW'Dck gUb]Yh^_gâ _]b]YVmcVna c ']k YVn]b]Y^CbU'YghbUrUk gnYa c'â
bUf _cWU gâbU WnWY_â] dfmUWY'a "

A c'Ya i 'bU WnWY'ck]' Ž'crcZ]]']' a Ybhfck]ždfcZ]gcfck]' 8ci ['Ugk]' 6fc!
c_gk]ž_ h fmdca Î ['a]' dfmgMM[Î UW bU _ck nW' h^_gâ _]]' _h fma]'
XcfUXU]' Xnj]Y] 'gôgk c'âk gUb]Uâk]YXrâcXd]Yfkgm] c'Xb]UbUgn'rbUca c!
W'K gfl' U hcfW'h^_gâ _]ž6fcc_ YžrUk gUb]UYdc[cXnb]YfÎ b]WbUgnW
gn] k 'cfUdcXnjô_ck Ub]YnWY]c gYfWnUcž YdcXW]gbUgn'k gfl' bY'dfUWn
W' Ya ž Yhk cfma nWgfl' "

DcXñò_ck Ub]UXU8Ub]YU8]Hi fc nUrbU_ca]làdfUWZlc[fUZ]Mbà]_ccfXnh
bUWbàz_Ĥ fUderk c'] Ua b]Y]'6fcc_YbUd]gĤā'ò_gà_ō'

DfnXYk gmgh]a 'YbU_d fU bōdcXñò_ck Lāa U]W]c'W'nUlcZ YrIk gYVn]'
Wōb]cXdcck]UĤābUa c'Ydn]U]U]k ngUk]Lāa b]YbUbcK Ydca ng'n]NUWōM
']a b]YrIk gYXc'dcXā Ub]UrUgk c]a 'g'fWā "

Marin Kirk

HU_gà_Ub]Ya c[Umrck gĤāVnk gUfU]Uk]Yi 'i Xñz_Ĥ fmrck k]ōM] [cXñ]bni
dfUWbUk dfck UXñb]Y]H]c'dca ngi 'k ' n]W'Dc'd]Yk gYzā i grōdcXñò_ck Lā
6fYbXñ]Y; cXZfñzdfmU]W' Wzā cX'Wz k]rU ngVz gm]g'WZmi fZUH_YZlc!
[fUZk]z_Ĥ fUrU]bg]fck UUA b]YXc'gk cfn]b]UThe Yoga Projectz_Ĥ fnc]gU]Wb]Y
Xcdfck U]ñ] 'Xc' bUd]g]U]r]fcV]Yb]UnXcā'Xc'Ĥ'gà_]'"ĤY'k]Y_c V]di V_UW
b]YVn]U]mā c ']k UVñā cXY' "'6fU]XñA U]Ĥa UVnUrUfU]ñā [Ĥ k bāz_U_] 'YX
bānicfn]]bUbn]W a cXY' 'Yoga Project"'GdY]W]bYdcXñò_ck Ub]YXU'Y'a ô UĤc!
bn] [c_z_Ĥ fmr]Ua ck U'gō]W Xñ]Yā]dcX]Ug'Y' dfUW]DLā YUGW]hd fYñb]i 'Y
UĤfbU]nk bYg'k YbW'cXñ]W]U]bcn]XñLā]"

-bgfi_HUck U_gà_Uc \U]U'cXñYk na U]U]Uk]YXmk ngc_c'k ngn_c'cbn]W
]W]h]z_ck Ubn]W]bgfi_Ĥc]fĤ k 'c[]'"K gĤ U Ĥc]fm 'A UĤ]b]']6fcc_Y 'k b]Y!
']gk c'ā k]YX'ō] k na fU Yb]YXU_c]fm]W'cV]W]n]W]dfmgn]W'c[]bĤ k "HU
_gà_Ub]Ydck gU]U]n]W]b]W"

K U]b]Y>c\bgc]']8 Y]Y: cffYg]hd f]m]W]b]']gōk]YW'Xc'a c'Y'k]YXm'c'c!
Xñ'K U]b]Y>g]ñā n]Uck c'cbm]h] [c_z_YnX]W'Xck UY gōbU W]Lā'c[]zUH_Y
k Xñ]ō]W]b]niU]k c'ā fU]Xz_fnm]ō] U]ng]ck Ub]YdcX]Ug'n]Xcā'Xc'dcm]W]ndcX]Uf!
W]ā "Ca 'GUb]]zK U]b]Y'8ñò_i 'ōV]z8 Y]YzrUdfn]_cb]U]Ya b]YXc'Ĥ [c_z_Y
, 'dfcW'Xc_U]bc V]b]Yk ngU]f]W]ñi>g]ñā 'k Xñ]ō]W]b]niA U]m]c]Y>U]W]g]']5bb]Y
>Lā Ygn]Udca cV]cX]Ug'g]g]n]Xō]W]ck n]W'cfU]ñ>]a ck]5X]U]fck]rUdfn]_cb]U]Y
a b]YXc'Ĥ [c_z_YZlc[fUZ]U]W]Zck U]fñāXñ]">cfX]U'?']f_Xc]g]m] Uk]Y]Yn]U!
Ĥk bn]W' dcm]W]]dcm]k UUXc' n]g]Uk Ĥ k 'āk]W]Y 'j]bn]g]U'c[U=]' == "6fXrc'
XcW]b]Lā 'Y'k]YX'z W]U]z'k ng] Y'_dcX]Ug'dcm]k Ub]U]z'k n]Y]U]b]U]k]Yi 'n]Xcā'
Xc'_gà_]]cfU]YXñ]ck Ub]U]fō_cd]g "A c'YdcXñò_ck Ub]U_]Yfi 'ōĤY 'Xc'_U]fm
Hugger Muggger Yoga Products r]Udca cV]k k n]V'cfn]Yk]ō_grc W]U]W]c]f]Ĥ k i n]n]W'
Xc'g]Zlc[fUZ'k Ub]U]U]g]b'k Ĥ'gà_W"

G]m]Y]Ĥ 'bYdcXñò_ck Ub]Yg_U]Lā 'A U]Ĥ]bck]6fU]b]U]Xck]z'i]YF'cX]U]8U
bck]'K Yb]X'ck]n]Human Kinetics' r]U]W'k gU]f]V]Z'gi Yb]YfU]Xā]]dca cV]dfm]i
fYU]r]U]W]H]c'dca ngi "

Daniel DiTuro

K gôd

NũdfUgLa 'Xc'dfU_hm]'c[|]'Nlâ_gâ_à'k nfi gmgrik |d]ô_bà'dcXÎ žVmcX_frâi
gk c'YVUc|]gW|YžW'dcrk c|]V_k dYb|ferk |bââkÎ ^dchYbWU žrmbWnzi a nh
gck nã Ya cWbUbm|'Xi Wck m|B|Yk UbYžWngd| Ugndc'c[ô'k'dcgr|_]k Ubi|'
k |ô_gY^ g m|] |d]c Vž i nXck |Yb|U VU U Wm| ðVgn|c' rfcra |Yb|U nVž
nidyk bc Vã'a UWcbUW 'Xc'rLcZfck Ub|U'DfnYnhgãW'Uik |Yi 'dcXÎ brW
dcXâ Uc' là'k Yk bdfribà' VY_à' dfnX hcVãz k |ôWgn_U_ 'YghXcVfnY dfnYUfmã
Hk c'UdcXÎ 'n'c[à'VôX|Yk nãh ck LžHU 'U_hãUYb|] Xrb|YVôX|YgndcXÎ!
ck Ugã ch|Y'Gub|YgngôWô Vãk |Y_ Y^_Ufuk UbmUg_|n|bbna |ž_ h fmWãW
knvc|Uãgk c'Y nVY'i Wnb|ã' k |U'hYdgma 'a |Ygã'a "

?UXria c Yg cfmgLã bUdfU_hmck Ubi 'c[|]'@ X|Yk fî bra 'k |Y_i žfî !
bY|c'dcWcXnb|ž_i 'hi fm|'fY|] |]gđ Uà dc' b|ã" B|Y_ h fmWãgã'gô XcVna '
nXck |Yã ž|bb| nU 'gã_cblh nck Ub|'i Vb|YdYbcgdfuk b|]'B|Y_ h fmndcXâ Uà là'
VY_à' fî hcz|bb| nU dfmã i 'ãlôdcXÎ 'Uc'dUgôbUWY nVY'HUK gU|U
dfU_hmU'Yghk ngUfUãW'X' LžVrdca |Y Vãk gng|Wž_ h fmã Uà Wôãdc!
dfUk |Yb|UnXck |U|'bU Wnb|Ugô nã nVã' nã |YgWnk Ub|c'fUc' Vã'| dfmh
[cXâ"ôYnk n|ôX' bUhcžg'ãXnUhbUgžWmYghY' dcWãh i 'ãWmWmUk Ubg!
k Ubrãb|Ya Uk àd|k c Vž Ygch UgndcXWUgk c'Y' dcXÎ mî X|'a mãWãW
HU 'U_ h m|c[|UWgmgô'bUNUWcX|Yb|YgchmUma 'k rfcgã'ã' dcdi 'fbc W
k fî XV|g.c' gngUhi 'a |]cb|k '5a YfmU|k 'dfU_hm| 'ãWãWb|Y_ h fY'Y'Zf!
a n'Dfck Uãã' hã' nUôWU|Uk gng|W'dcn|ca UW]'a Uã fî bcfcXbYgmY'Xc'
knvcfi "A c YgifencWãã'gk c'ã' dcXÎ 'cXnlfUž'nã |YgWžk 'h fmã 'YghY'
X|gUžk |U_|gdcg' Vž'U_|bUMfX|Y'Xc' VãW|Ydfnã Uk |U'

HU_gâ_Ugi mk |Yi 'cg'Vca 'nUk gôd'Xc'c[|]žUH_U YrUdfnYk cXb|_XU
|bbnVž_cblhbi i 'ãWãW' hã' dcXÎ "K |ô_gc'ã' |bZfa UW'hi 'nUk UfmW'XchmWn
žrmbWnW'dcmW'k 'cXnYžasan" Cd|g_ UXY^UgubmUk |YUgWãW'Î ck Y|bZfa U
W'c'ha ž_U|Y_fc_|dcXãžVndfmã'ã'c_fY'cbà'dcnž'U_rbuY'ãcXck |Yb|Y
i gUk |Yb|Y|'U_ 'bUMfX|Y'g cfmgLã' n'ãk |MŸ "7rô WPranayama ffc| |MŸY
cXnWU|YžMudra ffc| UXcb|L| Medytacja nUk |YUã'gk c'Yk UghYk gôdn|? U!
XUnhW'dfU_hm'ã' c YVnã'dca cWUk 'lk c|ã' nVY' "NYfUbyfUã'ã' c|à'Vnã'
W_|Yã' hUbgZfa UãW'Y'

K |ô_gc'ã' i X|'NUWcX'ã'm|c'c'XnY'Uc'c'nghk |YdcmW]'ãk |MŸ|UW
cXXWck nW'rbUbnW 'Uc'hatha' i V'c[|U gc W|]_gô nW'"Hc'Ygh žrmbU
dfU_hmU'c[|]žcXWUg' h fY'i nk Ugô'dcmW'Xc'chk cfm|U|U|U|] gfw'5 Y

č[U'YghWra 'rbUAb]Yk]ōW"BU _Uc'ēXnYa UdfnYnc'ngjāW'Uf'G_ UxU
gōcbUn'WY[c'gnghā i n'y'gk'c]a'k'Ugma n'YgUk'Ya _cXY'g'k'a'cfUbnWZ
XngMl]b'c'XnWU]UcfUhhWb]_ a'YxhUWbnW'gk'cfrcbnWfU'zVnrk'n]ā'Vō
k'Xi'Wck'ādcXf' "

Gck'c'joga'k' h'fUXnWbra'hi a'UAb]i'rbUAb'n'YXbcWAb]Y'"Dc'ā'WAb]Y
fUfYa'g'fWzi a'ngi']'WUz'Wm]k'gngh']W'bUgnW'Wō'Vžk' 'YXbā'g'f' 'bā'W
c'ā'"HU' _'U' _'Xi' nbUz' _'f'U'g]g' 'Y'gōz' _'U' _'b'U'Yd]Y' dchfUz'z' _]YXnk'gngh'Y'
Wcb_ck]YXā'ā'Xc'k'g'f' 'b]c'Wi' "K' hXn'VōX]Ya'nk' g'nWbck'Y'Z'fa']Yz']YXn
_UXUWō'ā'bUg'Y'g'k' 'g'f' 'gri'ndrcg'Uma']">Yg'Ya'nbUg'Wō']k'g'k'hXnā']Y'
XnrcXā'Uā'mrU['cgā' 'g'f'W] 'fc'V]a'nrcz'W' _c'WUā'n'NUG'Xb]Wc'f'nW'W]cfa'W'
_]YXnb'Ug'Y'g'f'Wzi a'ng']']Wc' _'VōXā'k'g'f' 'dfUwk'Uz'rfc'V]a'mk'hXn' _'fc' _'i'
dfm]nk'ck']' Ug']z' _'f'fā' 'Y'g'i'ē['U' _'Y' _'dcXf']' ā' 'Y'g'k'Yk'bdfnrbY'dc'gri' _]k'Ub]Yz'
U'nrbUY'ā'rcz'W' 'Y'g'ib'U'Yd'g'Yk' 'bUg'gā'nWz']' d'f' b]Y' _'b'U' Wra'gō'lc'k'n'f'U'Uā'
_UX]c'Xb]Udcdfn'n'bUg'Y'WUczi a'ng']' g'f'W'

K']Y'YdfU'hmz' _'f'f'Yk']X]a'nk' bck'c'Wg'Y'c'XnYz'Y'g'ic' ā'g'f'fnWz'dc'XWUg'
[Xn]bbY'gā'rLg' _'i' ā'W' a' cX'Y' :]m'WbU'c' [Uz' _'f'fā'rbUā'mX]gU' _'dc'X'b'f'k' ā'
hathažb]Y'Y'g'ib'Uk'Y'nk'g'ca' b]Ub'Uk'Yk'WY' b]Y'g'n'W'f'Y' _'g'U'W'c' _'ē'Xn'Y' 'Cb'Ug'ā'U
rUk'g'Y'Yk'c' i'ck'Uz'Vng'f'c'g'Uā'dchfn'Vca' _'i'X]]'WUg' "K' U'V]k']Yk']Y'Yn'Xn]!
g'Y'g'n'W'dcm'W'k' \Uk'U'ē'Xn'Yb]Y'Y'g'ig'f'g'n'W'k']ōW'b] 'g'c' _'U'f' a'c'Yā'm'Y' _'Y'
X]ā'c'XWUg']k' <]bX'g']n'Dc' i'Xb]Uz'H]f'i' a'U'U'U' ? f]g'ā'bUā'U'W'f'n]z' _'f'f'm'i'fc'Xn]'
g'ōk' % , , _'fc' _'i' k' ā'U'Y' \]bX'g']Y'k']c'g'W] a']U'g'c' d]cā'Xn]Y'g'ā'h'f'm'W'oh'a'Y'f'm'
k'rfc'g'i' "K' ā' c'Xnā'k']Y' _'i' 'b'U' Wm'gō'ē[]'c'X'g'k'c'Y' [c'c'W] n'XW'Xck'Uz'Y'
VōX]Yi'Wra']bbn'Wza']a'c'Yk' hā' h'W'WUg'W'hatha'ē[]'Ub]Y'Vn'U'X'c'V'n'Y'rb'U'U'
k' _'b'X]UW' _'>]c'k'Wg'Y'U'f'U'U'W'U']U'V'm'k'U' _'ā'c'Z']b'U'g'c'k'Y'dfn'Y'f'k'Ub]Y'BU'
g'ōdb]Yk' _'U'W' \$'LL'k']Y' _'i' X'c'g'U'dc'g'X'ō'b'U'W'W'Y'U'c' []k'g'U] []a' b'U'g'n'W'Y'
k' _'f'f'Y'k'g']a' _'d'U'U'W' _'>]c' i' Wb]Uā']'Vn] _'df'n'Yk'Ub]Y'U' _'h'k' b]za' c'Xn] _'W'cd'Wz'
h'cb]ā'W'Y'Yf']']žk']ō'Wk']Y'Xn]Uz'Yā' i'g'g'f'Uk']ž'Vn'Vn] _'r'U'ō'W'8' _'U'f' [c' h'Y'z'Vn'
i'lk'cf'nā'Xn'Uā']Wb]Y'g'f']Y'dcm'Wz' _'f'f'Y'VōXā'd'U'g'c'Uā'Xc']W'Y'Yf']'Wb]Y' _'dc'g'U'
k' n'z'W'f'd'U' n'Xng'Wl]b' []a' b'U'g'n'W'bn'W' \]b'X'g']W'r'U'U'g']k' _'>]c' g'f']Y'U'g']g'h'
b]Y'ā'c'Xn] _'Xn]Y']'rb'Uā' m'Y'dc'X'b'f'k' ā'Ashtanga Vinyasa Yogaž'gnghā' h'Y'rc'g'U'
g'lc'di' _'f'n'ck'U'bn'dfn'Yn'Y'Xb]c'n'Y'c' []k'bn'W'i'Wb]]k'z' _'DU'U'U' _'c']g' _'c' [U'
X'U'Y'Yk'c' i'ck'U'U' _'6' ? "G' _'n'b]U'f' _' _'c'Y'bn'd'ck'g'n'Wb]Y'rb'U'bn] _'U'f'X'c' i'rb'U'bn'
i'WY' ? f]g'ā'bUā'U'W'f'n]z' _'f'f'f'n'k']Y' _'i' 'cg'Yā'Xn]Y'g'ō'W' _'U'ik'Vā' _'b'U'W'U'c' []'
cd'U'ck'U' i' a']Y'ō'b'Yi' n'W'Y' i'g'Uk']Y' _'k' _'U'g'U'W']'dc'Xn]Y']'g'ō'b]a' n'Y'k']U'hā' "
BUk'Y'h'f'U'h'k']Yi' _'V'm'W'i'Wb]]k' _'6' ? "G'U' _'n'b]U'f'Uz'X'c'V'n'Y'rb'U'bn'W']'bg'f'i' _!
h'c'f']k'z'Xn]ō']'g'k'c]a' n'X'bc'V]ca'V]ā']Yk' _'df'ck'U'X'U'X'c' b]Y' _']bb'ck'U'W'f'f'c'X'b'Y'n'
M'Yz'5b]YU' : Ufa'Y'z'J']W'c'f'J'U' _'b' < c'ch'Yb']']bb]E'

Cd]gn'U'g'b'k' h'Y' _'gā'W'V'U'i' ā' []k' b]Y'b'U'n'g'Uk']Y'n'U'g'X'c' []'n'Uā' i' ā'W'g'ō'
dc'df'Uk'bra' i'g'Uk']Yb]Yā' _'dc'm'W'W'U' _'H'Y'f'Y']i' m'dca'c' []m'Y'X'U' _'ck'c'ngjā'Wā'
dc'Wā'h'i' ā'W'W']'g'Y'rc'bc'k'n'W'i'Wb]]k'k'rb]Y'ā'b'U'ck'm'dc]ca'g'k'c'ā'df'U'hmō'

č[]k Yk gřl dfUmnYgkc]a VUYa ži a ngYa]'gřVá "8cXUckczrcgUnrcbY
i nřnk]Y_]a g _WgYa 'dfm'Wmb]i '_cbli nř'] rUdcV]Y]Ubi]a "

I Xc_i a Ybck UbYa YXWBY_cfmVh'č[]'hc'rk]ô_grcbUg]U'_cbXnWžnU
[cXnb]YgřYg]'b]Ydc_c'žUH_ Yma b]YgrcbYVb]Yb]Y_fk]"K]Yi 'i Wb]Ī k'
nĪ k UĚ YW 'àgô`Yd]Yž[XndfU_lmi 'à'âfY]i 'Ufb]Y'B]Yk UbYžWnXâ ngnXc'
i 'Ydgnb]Ugkc]Wknb]_Ī k 'gdcfck.nWžWnřY Xc_i 'Wmb]U'_cbli nř']i VgU]U
gô'VfX]Y^[]č_]a žgdcgřnY Ygž YdfU_lmU'č[]'YgřdfnYdYb]cbUvc[Ua'lfU
XnVā]rbUmb]Ya ž_Ī fYdcdfUk]'U_c âlk c'Y]c' nW'DUā]ôUžVnb]Ya]fma'
gkc'Y]c'g _Wg]ma ž'U_XcVnYk mcbi 'Ygn'_cb_fYbYdcnWždc dfcgi Wdf'
nřM]c' dfm'ā bc ā"HU_'U_'k'_UXna]bbna 'k Ufrc Včkra 'dfnYgčkn]ôW'`
fUč â'Ygřk dcXĪ nřU]Yk 'a]YgW'Y'dfnYrbUmb]U

7]Yngôgkc'âdcXĪ àn'č[â"

F cnXn]U '%'

Gri _U']sdfU_hm_U \\U^U'^c[]

>c[U Ygi 'i Xn]a ' Xä Yb]Ya ' Xc' dLä]dub]U csblgn^
dfUk Xn]k Y^ bli frnZ' bu] ðVgma' k U]gna' 'U' C X'
rLb]gubY[c' k]hi 'VLUj ']gchm'i Xn_]Y' dcgi _]k Umigdc-
gcVi ž 'U' dfnYk mgmä' 'i Xn_ä Zcfa ö]sk mfcVthä' dcrU
rk m_ä' k]UXcac ä'' DcXgtuk ck Y dntub]Lž hU]Y' U' ?]a'
YgYa 3']s8`U^M[c' hi ' YgYa 3' buböXrUm Xi Wck Y'
Xä Yb]Y' 'i Xn_c V]dfnYn'a]Yb]i a''' K sgYfW _U XY[c'
Vn]ck]Y_U rbUXi 'Y' gō hōg_bchU Xc' dc äVn]b]U gō
rsVthä 'k]ō_gna' b] 'cb]g_ž Vm]cXbUY ä' dc-
Vn] V]Y' dfn]bUY bc V]]sg]bgj nV]U' K s]gcv]Y'
hY^ hōg_bchm'Y mdcXgtuk ck Y' 'i Xn_]Y' dfU
[b]Yb]Y' gMö V]Lž _h fY' dfnY_fUMU_i 'hi fō'
]sVLUj' ? U XU]gchU 'i Xn_U V^W' Y'
cXbUY ä''



Hc' d'cgrī _|k Ub|YgñMō V|Ub|Y'Ygñk [fi bVYfnVñngō| Ub|Yā žVñi mg_ LāW ž
W' |g|b|Y|Y dcn|Ub|Lā |ž|hc' k fcXrcbYdfU|b|Yb|Y d|Lā |d|H|b|U|W|W|c žW' YgñMō Vñ
b|Ugñ^ b|U| fñ| DfnXY k gñgh_ |a' ^c[U' Ygñc' d|Lā |d|H|b| |b|Ug_ g|Lā nWž b|Ugñ|c'
k |Ug|Y|c' b|U| dVgñ|c' W|Vñi "DcXĪ ' k ^cXñY' Ygñb|Uca |Ugñk Yk bdfñbna
dfñY nVñā ž_ Ī| fYdfck U|ñ| U Xc' gXb|Ub|Ugñ|c' |g|b|Yb|U' >Y' dfñYg|Ub|Yā ' Ygñlcž
Yb|U| fā|ñ^ k Yk bdfñbY' YgñbV' YgñgñMō Vñ^ i VVc|c' āfk_ g|Ug_ fñVñanandaĪ"
Dcgrī _|k Ub|Y|c' k' fcX_ i _U|X|c' i Xñ_ |Y|c' gñVñYgñXā Yb|Yā Xc' cXb|Uñ|Y|
b|UdfUk Xñ|k Y' b|U| fññ|cž_ |a' YgñY a mñ

B| |Xñ|Y|b|Xñ|Y' b|_ hb|Yā U|H|_ Y' b|U' Y' WōW|Xc' dfñk mgñ|b|U' i Xñ_ |Y' Zc' f!
a m|_ b|Y' Ygñk ' ma ' H|_ ' V|fXrc' _ cbgY_ k Yb|bm|_ ' fY|ñk brž_ ' U' a |Ygñ_ U Wñb|
X|_ ' Xca i' c| fca bY' fĪ' bcfXbc VñX| Wck nWk |YñY ždfU_ hm' cfUñā YrcX
g_ cbgñi ck UbnW H|_ ž Vñdca Ī WñX Wck Yā i' d'cgrī _|k U|ñk |k' cgā| b|dVñ'
k mgñW gñcb|_ k |U|Xca c Vñ' DfU_ hmU' c[]' Ygñ| dVc_ c' k d' WñcbUk ' Vc[Uā
\ |bX| g_ ā_ i' ĩ fō| Yk c' i ck U|UhnW g|Lā nW_ cfn|b|žW' |bbYX| Wck YdfU_ hm|_ "
>U_ c' b|U_ Ugñ|fc n|b|UžVñUñ|dfc' Y' hck U|Uk ĩb' g|c|g' VžVñi U|k |ādcgrī _|k U
Wñk |k Yk bdfñbādcXĪ' b|Uk mgñ|dcñca |g|b|Yb|U

7\cVU' gñi_ U' c[]' Wōgñc' Ygñ_ c' frcbUn\ |bX| |ma Yā žb|Y' YgñfY| |ā" DcX
W|Ug_ |XñfY| |UdcX_ fY' U' gñi_ ĩ fñk |Yñb|ck Yc' nVñ' |' rk |āñ_ i' Wñk |Y U
nVñ g|k Yā ž' c[U|Xā mXc' cX_ fñVñ|Ub|Ugñ^ b|U| dVgñ^ b|U| fñdfññ Vñrc fYb|Y
Xc' k |U|Wñb|Y Vñ g|k U' 5| b|Y|fñVñU Vñā fY| |b|na ž VñdfU_ hmck Lā' c[ōž|b|
^c[U|b|Yk m_ i' WU' U' |W_ c' k |Y_ dfU_ hm_ fY| |b|nW' K gñgh_ cžW' Ygñk na U U
b|ž VñfYbck Lā' c[ōž|hc' Wñā b|U Wñb|Ugñōk |dVñ' c' g' V|Y| g|c|W' fYUWñW nY
k gñW k |Uñā "

K' g|Ug_ fñVñgck c' joga' rbUñññVñbc Wñb|Y' i V' fñca c' |rcgUc' nXZ|b|c!
k UbY' U' c' rk |āñ_ i' a ngi ž VñUžgñVñ| Xñ|UU "K |ō_ grc ā' i Xñ| NUWcX| fcn|
dcrb|Uñm|c' |ž_ Ī| fñYgñf|ādcñVñZñmWñbñW' i Vasanž_ Ī| fñk na Uñ|UñUc'
|b|U|Yā i' | |V_ c' ā' HōZfa ō' c[]' b|Uñk Lā m|hatha' c[U' >YgñcbUññā' rbUñb|Y
k |dVñ' b|_ ' hm_ c' ZñmWñbā dfU_ hmā" Gck c' h|hatha' k' g|Ug_ fñVñY' Ygñdc āWñb|Yā
gck Uha' fgc' W|_ |tha' f|_ gō nWžk |dVñ|ā c' k' g' V|Y' Ygñrk |āñ_ |Yā Xc' Ī WdfñVñ
k |Y g|k "K U|ñk c' W' āWñcbYñYgc' Wā' hc' Vñd' cza ōg_ c' ā| k ng| Y_ ždcXW|Ug
|XñVññdck |āñ|bYñ_ gō nVñā' hc' WĪ Xž_ c|VñW' ā| dcXU|b|Y' < Uñ_ U' c[U' Ygñi
g_ cbgñi ck U|Uk ĩb' g|c|g' VžVñdca Ī WñLā' dc āWñā dfñVñk bc Vñk b|Ugñā
gñVñZi a m' Y| VñYž|H|_ Uñmā ma c[]' cX_ fñā W' | dVgñ|c' c' b|Ugñ^ b|U| fñY
|g|b|Yb|U' B|Uk |āñi' ā' cbYXc' dca c|gñi' b|U VñY WñXc' Ug_ |' |gā|H|_ |a |dfñmā |ch|U
a |gñVñZ_ U' k ng| Y_ ždcXU|b|YžcXk U| Užñ|Xck c' Yb|Yžg|c_ Ī ^| k Yg_ c' ā" A c[ā
cbYVñā fñk b|Y' k U|ñk c' Wñā | ZñmWñbra |ž|H|_ |a |' U' ĩk UfXñ|' a |ō_ |ž| cfāWñ
|ñā bržg|Uñ| d' n|bññk' n|U|Xñ|YdfU_ hmU' c[]' āWñk |Xc' WñbYdfñVñk |Y g|k U
k \ fca cb|bYñVñbc Wñb|Yžā |YgñVñ| Xñ|Y' dc fcX_ i "

>Ygñlc' dfñY VñXc' W_ ck |VñY' bck Y|c' X|Uk |ō_ grc Wññ b|Ug_ k |Uñ' >Ygñlc'
a |YgñVñ| Xñ|Y dcn|U|Yā m|bck YžWñck bY|bZfa UñW' c' b|UgññVñi a |Ydñbc VñW
|a c' |k c' VñW b|Ugñ|c' nVñU' Cā|hc' k fc|U|Xc' b|UgññVñgñVñU| XñYdfñY_ fUñLā nž

b]YfcV]a n]h[c'g]á]"Dfn]Xblá]'gá' `Ux]n]m]Wz_]f]m]d]f]n]g]k]W]Y]b]Y]'c]k]Y] h]']b]Lá]X]f]c[õ"CV]a i]Y]b]U]g]b]i]f]h]k]Y_]Y]f]n]Y_]ž_]f]f]U]d]f]n]Y]n]k]Y_]b]Y]g]Y]b]U]X]Y]Y]a]f]n]b]U]k]Y]i]d]c]g]i]_]k]U]m]n]i]>]g]h]k]b]Y]'a]c]W_]f]f]U]d]c]a]c]Y]b]Lá]k]b]U]g]Y]X]!]W]c]k]Y]'d]c]X]f] m]'a]c]W]U]g]"]D]c]d]f]n]f]d]f]n]']W]Y]d]f]n]n]h]Y]k]f]c]f]U]X]c]g]f]i]a]Y]b]]U]g_]]'c[]b]f]c]V_]]_]f]c_]k]_]Y]f]i]b_]i]b]Y]]g]U]b]b]Y]r]k]ô_]g]U]m]W]V]g]ô]a]c]'k]c]W]c]g]á[]b]ô]W]U]g]m]ô]W]U]]k]n]f]U]b]U]g]Y]Y'

? cfn]b]Y]' ^c[]

B]U]k]W]Y]b]Y]g]r]U]n]l]d]g]b]U]Z]f]a]U] ^c[]]V]n]U]d]f]U]]m]à[] ô]V]c_]g_]Y]f]c]k]U]b]à]b]U]g]d]c! []à]X]b]Y]k]']à]V]g]Y]Y]]a]Y]n]H]U]W]Z]g_]c]b]W]b]f]c]k]U]b]à]b]U]f]n]i]U]U]W]c]Z]f]b]n]W]"]>]g]i]c]b]U]d]c]f]U]n]d]Y]f]k]g]n]k]g]l]c]a]b]U]b]U]k]']W]e]d]a]c]h]ž]r]n]]c]f]n]Y]']W]Y]Y]W]"]k]d]n]W]H]Y_]g]f]i]k]ž_]_]f]f]Y]]g]à]b]U]g]f]g]m]a]']']b]U]W]b]Y]g]m]a]']d]l]g]]L]á]']k]d]H]c[]_]U]c]b]i]']b]X]]r]a]i]"]K]'b]U]g]f]g]m]a]']n]h]W]]d]l]g]]ž]R]g]W]e]d]a]f]k]r]a]U]k]U]b]Y]r]i]g]w]e]d]a]ž]d]c]'U]k]U]g]ô]g]c]k]c]']j]o]g]a]']Y]c]f]X]n]Y]ž]y]u]ž_]_]f]f]i]r]b]U]m]n]']f]r]a]c]"]7]^]c]V]U]'k]']h]a]']W]U]g]Y]b]Y]]g]b]U]m]n]']g]m]Y]i]d]c]f]r]a]X_]c]k]U]b]Y]W]Y_]']^c[]"

K]ô_]g]c]â]i]W]c]b]n]W]k]Y]f]n]ā]']Y]W]e]d]y]']r]c]g]U]m]i]g]c]a]d]c]b]c]k]U]b]Y]d]f]n]i]']i]X]q]']a]Î]k]à]W]W]g]b]g]f]n]h]á]ž_]f]f]i]f]m]d]f]n]h]n]]X]c]X]c]']b]n]b]X]]g]f]f]U]h]i]r]k]U]b]Y]']b]X]L]á]L]E]']X]q]Y]']d]c]a]ô]X]n]i]%]S]S]'U]%]S]S]'f]c_]Y]á]']d]']b]']B]Y]Y]g]i]U]g]Y]ž]W]h]W]i]X]q]Y]ž_]f]f]i]f]m]i]b]U]n]k]U]]g]Y]Y]5]f]c]k]Y]ž]b]U]Y]W]U]ž]W]r]i]d]c_]c]^]c]c]']d]f]m]g]c]']']g]c]V]Y]d]U]b]i]']à]W]H]L]á]_]i]']h]f]ô]Z]U]k]n]ô]']n]Y]g]']V]à]b]U]k]W]Y]b]Y]g]à]d]c]X]g]U]k]ô]h]']c]ž]n]W]m]c]']h]f]U]h]W]m]f]d]Y]a]m]d]f]m]h]á]b]c]ā]ž]W]h]']d]f]U]h]m]ô]^c[]"

W]e]d]a]']r]b]U]m]n]k]Y]X]U]']i]V]']a]à]X]c]â]"]7]n]h]f]m]d]Y]f]c]k]b]Y]H]Y]g]m]i]g]i]k]U]U]b]Y]n]U]c]V]U]k]Y]b]U]k]d]Y]g]U]f]c]n]b]n]W]d]f]c]f]c_]Î]k]']f]b]U]n]k]U]b]n]W]r]y]s]z]f]"]G_]U]X]L]á]g]ô]c]b]Y]n]X]c]g]c]k]b]Y]h]m]ô]W]k]Y]g]k]']n]a]b]Î]k]']c]Z]f]b]n]W]']b]r]c]b]U]W]Z]g]c]b]g]f]i]c]k]U]b]n]W]Z]V]n]d]f]m]b]c]g]á]d]c]f]r]a]X]Y_]']g]m]ô]W]Y]h]a]ž_]f]f]i]f]m]i]Y]d]f]m]i]c]i]']â]"]D]c]']b]']W]']b]U]g]á]d]']m]X]k]U]X]c]X]h]c]k]Y]H]Y]g]m]']B]r]a]h]m]y]f]%]S]S],]S]S]']d]']b]']Y]L]']A]r]a]n]j]a]k]i]f]']S]S]']d]']b]']Y]L]"

W]e]d]y]']]]W]_]c]a]Y]b]f]n]Y]V]m]i]n]g]U]b]]]W]c]']d]f]n]k]c]X]b]_]L]á]']X]c]']f]n]i]U]i]']c]Z]f]m]i]8]U]k]U]m]i]X]q]c]a]']b]g]f]i]_]W]Z]'U]']i]Y]d]g]m]â]g]k]c]Y]n]W]Y]']c]g]á]b]à]â]g]_]W]g]k]']a]U]Y]g]k]Y]ž]V]r]b]Y]g]Y]ž]b]U]k]c]']b]Y]]]b]X]']>]Y]']W]W]U]Y]']r]U]k]U]f]U]b]c]k]L]á]g]c]V]Y]g]_]W]g]k]']W]U]g]W]k]Y]']X]n]g]]]W]ž]k]n]b]U]à]V]m]_]g]ô]X]U]X]c]']d]f]n]d]f]c]k]U]n]b]]]U]W]Y]á]c]b]]]r]U]d]c]a]c]W]']Y]X]b]Y]c]']n]h]Y]g]f]i]k]']W]e]d]y]"

D]c]X]_]c]b]]]W]W]U]g]k]']k]Y]X]n]g]]]W]f]t]_]"]*]S]S]')]S]']d]']b]']Y]L]b]U]g]á]d]']Y]k]c]i]W]b]n]i]g]c]_]k]']a]m]']^c[]]W]b]Y]k]f]U]n]d]c]'U]k]Y]b]Y]á]']g]ô]U]p]a]n]i]s]z]a]d]o]w]"]K]n]g]n]c]b]Y]d]c]r]U]]]b]g]f]i]_]!]W]b]Y]d]c]X]Y]']W]Y]n]k]U]f]H]Y]k]']W]e]d]a]c]h]ž]V]m]U]X]L]á]']ô]V]g]Y]d]n]b]]]U]c]']r]b]U]m]b]]]Y]X]W]c]!]k]Y]c]']n]W]U]"

G]c]k]c]']u]p]a]n]i]s]h]a]d]']g_]U]X]U]g]ô]n]d]f]n]X]f]c]g]h]Î]k]']u]p]a]f]f]c]X]Y]']W]E]']n]i]']f]V]]]g]c]L]c]f]U]h]f]X]n]b]]]U]m]U]g]c]k]b]_]U]s]h]a]d]f]g]U]X]L]á]']K]X]c]g]c]k]b]r]a]h]i]a]U]m]b]i]']g]U]X]L]á]k]']d]c]V]]]i]"]U]p]a]n]i]s]z]a]d]y]']g]i]']à]']U]c]']r]U]d]f]c]g]n]b]]]Y]X]c]']d]f]m]i]W]U]]]i]g]U]X]c]k]Y]b]]]U]g]ô]V]]]g]c]']b]U]W]h]h]W]Y]U]ž_]f]f]i]f]m]d]f]n]Y]U]i]']Y]i]W]b]]]c]a]']a]à]X]c]â]X]c]']ô]V]Y]c]']f]c]r]i]a]Y]b]U]']K]']W]U]g]W]"

k Yxng JWw Wb]ck JYa JY]k rk nWU [fca Ux]a]göi gî d'gk c'Y]c bU WwWU
Ji Wnä gô'Y]c'a äXc WbUdLä Jöä" Upaniszady'k ng_c'dcXb]cgnrcdfnWw_öž
'Y'] WcXq]c'nWU]b]YHUYa b]WnWUdc' a JYVžcd]g]bY]c'k 'Wedach'"K YXi ['
gÎ k '8ci ['UgU6fcc_gžî WcbY]c' Hb]fn]dfcZgcfUfY][]'bUi b]k YfghWYF'c!
Wg]fžUpaniszady'VmXUhnWž_ĤfmWY] 'rcgĤä'dc_gn_c'YžgĊLä['övc_c'
]nXk Lädnh]U]b]Yhm_c'c'lcž'U'k gYW k]U]Z_b_Wbi Yž'YW]U_Yc'lcž
XUW]c'ĤU_žUb]Y]bUWY'Xq]Už'U'U'Ygi'Y]c'dcXg]k ck UbU]fUcfU] Xq]Y'Ygi
a c'Ya JYgWk b]a "

NY'gfUM 'dfnX' _ja 'dcb]Y'c[]Y ž n'gfUMi 'dfnX' _ja 'k]M]gc Wž
n'gfUMi 'dfnX' _ja 'k]Už'Wai fm]s]a]fä'dY b]ä'g ä'f'ö3

Hf]f]n]b] d]b]g]k

8c['öbYU]b]YUpaniszadów'dcrk Uuc_fY]ä'Yk c'i Wbà' WY_öž'U'à'dfnWnh
U'c[Už_Ĥfà]f]U]n]b]Lä m'Dfn]k]Y_]gUngö'cbYdcXfma nk Ubà'd]Yf]k c]bà'
k]YX'ak gng]]Wk]Y_]W]fU]X'W'c[]"

K Yk WngnW gi 'W]W' dfnX'Yfà' WfnY WU g'à'ferk Î ^\]bX] g]Y'a m']
VmVfXc]b]h]g]k bñ]A b]Y'k]öW'k 'W]UWž_]YXnUpaniszady Vm]k cfrcbY
fli V]fcWödf]b]Yž'Y]b]X]fbñ]ä'XfnWU]b]U]cdfU]k nk U']gö'Joga Sutry.
Gck c'sutra_g_U]UgönXk Î W]Wö W]suzW'nbU]m]b]ä'ž]'tražW'nbU]m]dfnY fU
W]Lä "Sutry gä'U'dY nbU]b]Vž_ĤfYdca U]Uäi W]b]ca 'k' dfnY fU]U]bi]fU]b]W
fcri a i žcfU]i'U' b]Vž_ĤfYgd'U]U]f]U]ä'f]U]ä' bU WwW]UžbU_ö]i' W]b]U'NcgU
ng'ca dcbck UbYk 'Zfa]Y]gn]U]Zfma Î kž_f]h]W'nXU ž_ĤfYn' U]k c'Vä'
k dU]Lä'k dLä]öžg]fck U]U]U]W]gö'Xc 'c[]W]Y'a äXc W]k]Y]' "W]rk]önU
bU]fU]rcg]k]U'Yck U]f]Y]b]U]b]h]f]d'f]U]Wž_ĤfYdfck U]X]Xc'Xi []Y]c'c_fYg'
_ca Yb]f]m]]U]]ržXc_cbnk U]n]W'dc Xq] Xq]Y "Joga Sutra DU]b]U]Y]c'g]U]U]gö'
_Lä]b]Y]ä k q]]Y]bra k gng]ä]Y]r]b]U]ra bLä Xq]g]U'U'c'c[U' U]n]W]U]f]ĤfU
Yg]cd]g]b]U]g]m]Ĥ ck c'k b]g]ö'cbY'g]Y'W]"

Hfm] k]U]ck Y'dc['äXn]bU' 'c[ö

BUNUWcXq]Y'c[U'YgiWö]c'a n]cbUn\]bX]]ra Yä "Hc'rferi a]U]ž Y'i Xq]Y ä'
Wä]Y'Xk]Y]X]Yždcb]Yk U' Xq]Yä'cbYk gĤ' b]ä_i 'Ĥi föz'örm]'h]fa]bc'c[]ö'CV]Y
h]U]W]Y'gĊ U]ä'_cf]n]b]Lä]'U' Xc' Rg Wedy']]W'dcX]k ä'Ygi'örm]g]bg'f]m]W]"
K 'b]X]U]Wk]Yi '\]bX] gĤ]k d]fU]m]i 'Y'c['öžY]b]Yk gng]W'c[]]b]g]ä '\]bX] gĤ]ä]"
x[U'Yg]g]g]ä Yä Ž'c]c'Z]W]b]a ž_Ĥf]f]n]c_fY U'c'V]m]U]Y'DfUk Xöa Î k]ä'W]Ygi
hm_c'Y'W]b]ä_gn_c'à Ž'c]c'Z]W]b]a fenderb]k Ubà'dfn]i'c]f]c'Xc_g]r]b]n]W'\]bX] gĤ]k'
'U'c'dfUk]Xck U]f]Yd'f]Y]b]U]W]d]fUk X]m]k U]f]Y'k 'Wedach'"K]Y]Y]U]]W'g]Ĥ'
c]X]f]n]k U'c'k Ubà'f'c'ök 'Yk c'i W]a m']]b]X]g]Y'? U]X]U]n]b]W'Yg]Z'fa ä'a m']
Ž'c]c'Z]W]b]Yž_Ĥf]fU]k c'i ck U]k 'b]X]U]W'dfn]k]Y]' 'Dfn]i'U]U_]_Un]h]W]gng]

cXdcXfri gUXc [Í fñiU 'dc Wl VY_ [ck nñHYWb_] 'UUbXUfUUbXUb]Ygá
dfñXgUk]cbYk hñ_gà W

I nk Ub]Y'Xf]g]h]

8f]g]h]hc'gdc'fñb]Y'i Vdi b_hgi d]Yb]Ukrfc_i "'GàcbYi k n] òXb]cbYXU_U!
XY^nidcmW'cXfçnXñ]Ui '&'Xc %\$'U_c'gdcġ Vdc_]Yfck Ub]Uk c]a 'g_i d]Yb]Yá '
dcXWUgák]WY "; Í k bna WYá Xf]g]h]'Yg]dc_]Yfck Ub]Yk c]a k Yk bdfirbna '
g_i d]Yb]Yá 'UfXñ]Y'b] 'krfc_]Yá žWcWU 'k g Uí k_] 'a c[à 'Vñi n]Ugçk UbY
Xc'bUdfUk mgdc'fñb]UbUfnWmñk bdfirbY'i Vdi b_hbUk c]a 'WY'žHU_]Y'U '
dcXc[UžWl VY_ 'bcgUWñk Í ^dôdY "'8f]g]h]gà n]Udfc'Y' hck UbYHU_žUmdca Í W
WdfU_hmck Lâ'c[ô k]UXca]YcfUñb]YfçndfUg]Lâ'gôdfññiclcWñb]Y'I nñ]W
Xc'ák]Wñb]UdcnW'ñhñ_gà_]ž'Y']i rbUgñ'YrUdca cWY'

>U_ 'k sñY b]'k mçfmg]Uä dfU_hmô'c[]

HfUž [Xñí 'dçrbUY 'lfcWô'\]gçf]] 'Z'çrcZ] 'c[]ž dfñXgUk]ô_]_UdcX
gUk ck nWY'Yá Yb]í k ž_Í fYdck]b]YbY 'k n]ää'dcXi k U]ôk 'hfU_WY'dfU_hm]]"
DfçgYk nçfññU_]Y'U_i VÍ fZM]g]a]YgWák]WY 'cfUñk mçfmg]U]YU_Wç!
f]] k ža c[àrbUWñW'k d n]ääbUYZ_hk bc á]fUXc ân]Wk mçbnk Ub]U'BU_U
cXñWUb]Uk 'hfU_WY'c[] 'Ygñ'YXbà'n bUk Ub]YgñW_'k Yg]]ž Uñni gUfUk b]á'
Y' dfU_hmô'] c]gà]baà' bU'YdgñY XU g]W]Y fYri 'Uññ DñY_c]Ugñi gô HU_ Ž' Y
a YññUW'Ygib]Ym_c'k gU]Ura 'i ni dYb]Yb]Yá 'ák]WY ž'WñHU_ Ydclô bā'
glā cXñ]Ybā]hWb]_žñi_Í fY'VôXñ]YgñWñfdLādfññ'U'U'K gñgñ_]YñrU]Uk]Y!
b]U'VôXā'cd]g]b]YbU_c'YbnW'g]fcbUWžUñk Í ^k UfgrUñ\UñU'c[] 'VmXcVñY
dfññiclc Ubrñ[Xñí 'ñUWb]YgñdfU_hmô'

C XXñWU]Y'k sçXñY

CXñWU]Y'Ygñg]cb]a Yá ' nWU'>gñHU_ 'bUñ fUby]'U' lca UnWb]ž Yk]ô!
grc ā'i Xñ]b]YñU]YgçV]YgUfUk nž YcXñWUžXcdí_]b]Y'Ygñc]bc n]Uñ fñcbY'i V
k ra cW]cbYk 'U_] 'gdcġ V' nWY'k WcXñ]k 'bUgñ'bUgñra 'd]Yfç gñra 'cXX!
WYá žUcdi gñU]Ug_ 'ncg]U]b]a žcXXW'Ygñ'YXbc Vññb]Ugñg à' nWk à" nñ
VçXUbnçXXW'a c bUñ rblāñUnUk ôVc[]b]rk UbY'Shakti'"G_U]h'Ygñk Í fVñā'
YbYf[]à'b]W]c]gž_Í fUc nk]Uk gñgñ_c'k Yk gñW k]WY' HU_ 'bUdfUk Xô Wñi
W]gçXñW'ā nñā YbYf[]ā"; Xñk XñW'ā nñG_U]h]k nXñWU'ā Xc bUgžU] Xñk nñ
XñW'ā nñcbU'āk XñWU

nŋwá 'k'gnV]a 'há d]Ya c YgdfUk]áz YgöriUdca b]ž'U' 'k' dYb]cXXnWUá"
K]Yi 'a]Ygn U Wk NUWcX' k mcfmg]i 'Ym]c']_ UdfcWb]hgk c]WnXc'bc W
cXXWck nW' C Xng Ub]Y k]UXca c WbUgn]c' bU]i fUb]Y c' cXXnWU]Ua c Y
dca Í WUá 'dfmk f] Wá bU]i fUb]YznX'ck YbUk m]]cXXnWU]U

Gk cVcXbYcXXnWU]Ydck cX' 'YbU]i fUb]YdcXbcgn]b]Yg]ö']cdU]b]YVfri !
WUX]ö_] dfn]dcb]YžbUk Ub]Ygn]a i 'a]ö b]ck]cX'ck]YX]U]b]Y a i 'nUcXXn
WU]Y' Hc]fg'Yg]dcX]Ycbn]bU]Xk]Y[Í k bYWö W' d]Yfgck à'] 'Vfri gbà" BU
Xc'YWö Wd]Yfgck Y'rbU]X' Ygö dfn]dcb]Už_ h] fUfc]X]YU]H]Xk]YWö W' >g]i
b]Wna 'a Ya V]bU]Vö]bU]fc]m]b]d]U]dfn]n]X']_ U_] d]Yfgck Yž'Y'cV]ng]X]Y
a b]Y'k]öW' k nXi 'dcX]g]Uk m' WY'" àW]ng]ö'n]Xc Ya 'a c]h]U]f]fc]X]Y]_ U_]]
d]Yfgck Yž]há ž[X]Y] àWá g]ö' YfUž]X]Ydc' bU]b] gn' 'fuk öX]Y' WY' U' Xc'
cX]W]_ U' öXk]ck Y[cž] X]Y] àW]ng]ö'n]U]dca cW]h]U]Y]_ W]ö]]Yb'rk U]n]W'cXbc!
[Lá]"K 'a Ya V]bU]Y dfn]dcb]n]bU]X' àg]ö]f]m]c]k cfn]dck U]àW]dfn]d nk Lá
fk]]'YXn]b]i "GfV]rbU]X' Yg]ö]i bUX]dfn]dcb]ž]Ub]f]n]àX]n]dc U]fa ck Y' li'
dcX]b]à" 8c' bU]dck]Yf]n]W]b]U]d i W]g]dc àW]cb]U]n]Í f]b]à]dck]Yf]n]W]b]à]dfn]dcb]n]
; X]n]dfn]dcb]U]g]ö]d]c]f]i g]Lž]ra]Yb]U]cV]ö]c àWö W]d]Yfgck Y'"A]ö b]Y]_ U_]]
d]Yfgck Y']U] Yk d nk U]à bU]ra]U]ö'cV]ö]c W]Wö W]d]Yfgck Yž]UY]b]Y]H]U] V]f!
Xc' U' dfn]dcb]U

Dfn]b]U]i fUb]na 'cXXnWU]b]i dfn]dcb]U]dfn]Y]g k U]g]ö'k 'X']']k cfm]d]f] b]ö
k Wö W]d]Yfgck Yž_ h] fU W]á] U]dck]Yf]n]Yc' d i W]f i W]dfn]dcb]n]k X'] dfn]Y]g k U
cf]]U]n]U]á n]Vfri gb]Yž]Vfri W]f]c]ng]Yf]r]U]g]ö]d]f]m]k X]W]i]'rk ö U]df]m]k n]X]W]i "
A c Yg]i]rc]U]W]n]ž'U' d]f]U]W]Y dfn]dcb]Už'Y']'dc c ngn]W' 'a]ö_]]Y]c']'k 'a]U]fö
Y]]Y]c' bU]Vfri Wi 'dca]öX]m] W]f]U]á]U]dö]d_]Yá "Nk f] ái k U] öž'U' à]d]f]U]á i g]
k m]cb]L]à]dfn]dcb]Už]U]n]d]c]b]Y]á]Xc]X]U]ck m]W]ö U]f' d]f]m]k X]W]i ž]U]df]m]k n]X]W]i '
d]cn]k Í 'Vfri Wck]XY_] U]b]Ycd]U]à]dc]X]W]ö U]f]Yá "Gl]à c]rk]ö gn]b]Y]k]UXca c Vž
_U' X]U]U]b]U]i fUb]YcXXnWU]b]Yž]Vn]d]f]i Vn]Y]c']_cb]f]c'ck U]b]Už]a c Yk d]f]Uk]á]W]ö
k]g]U]b]g]d]c'á]'f]Y]U]g]W]'

C XXnWU]b]Y' dfn]dcb]ck Y

DfU]h]m]U' c]]ž_ h] fU k]UXca]Yk m]c]f]m]g]i 'Y dfn]dcb]ö d]f]m]c]X]n]WU]b]i ž bU
m]k U]g]ö' cXXnWU]b]Yá 'dfn]dcb]ck na "Dcb] gn]Y'ák]W]b]Y]Yg]i 'W]b]W]á' ž]fa à
cXXnWU]b]U]dfn]dcb]ck Y]c']'dca U]Ur]k U]W]á]d]f]c]V]Ya m]i h]f]i X]b]U]à]W]b]U]i fUb]Y
cXXnWU]b]Y'

ák]W]b]Y]r]U]b]i]'k' d]c]m]W]'Y àW'n' f]ö]c]g]i d]Yá 'g]c]W]n]k U]à]W]á' bU'c]W]W]'
Nk]' k nXi]f]m]d]Y]W]c]b]Y'c]W]f]a Y]g]n]U]g.]Y]c]W]H]Y' g]à]c]X'ck]Y]b]Y]L]b]U]g]n]
f]c'c' à]f]c]W]ö'a b]Y]g]à]b]]gn]f]c'c' à]k]c]W]f]U]á]cb]]'bUXi [c' à]f]c]W]ö'Xi g]à
b]]c]XY]c' à]c]X'dö]d_]U]Xc' W]i V_]U]]ck m]Dc' Í 'Xk U'c]W]Y'Y]X]b]b]U]X]i []ja ž]U]f]n]W]
dc' Í 'k' d]c]d]f]n]Y' bU]W]_c' W]'I g]à]X' n]d]f]r]c]X']_c]W]k]'dc' Í 'g]ö]H]U]ž]U]n]i] ck U
'Y U]U]b]U]f]n]W]á ž]X]ö_]]há i 'Vö]X]Y]f]c]W]ö'dc]X]b]Y]g]cb]U'K 'h' d]c]m]W]'a c Yg]i
n]i U]k c W]á'ák]W]n]á'cXXnWU]b]Y]X]U]f]n]W]f]Y]]cb]Í k]i ck]U

8Ī Vri WUDe Ī Xcb|YzgmUāVgō fcX_ckra |dUWā |zbUXc Yvri Wūhī ·
bUXdōd_l]ā "K Y 'k XW'rUdca cWdfnYdcbzĪHJ 'UñiVfri Wi fī g'Vĵk 'fō_UW'
|dUWgōfcnXn]Y' nīB]YWdck |YfnYk nŲb|Vc_]']hmVfri WūZU 'VōXn]Ygna]U'
i WĪ VĪZ YfcrgYfmgjōk '_UXra '_]Yfi b_i "Dfmk nXW 'dcrk Ī`a i gōra b]Y!
gnāZUñdUWgōrbī k 'ñh bō nīDck Ī fñhc 'āk]Wb]Ydfnñi_]_UcXXWĪ k "

fcXY _ 'Uh]d]Yfgck Y: DfmĪ 'Xcb]YXc 'Vc_Ī k _ 'Uh]d]Yfgck Y' XY_Ub]Y
i Wb] "Dfmk XW 'cdfĪ WĪrk]ō_g]U|UcVĪc Wfri WūZ k]UXca]YfcrgYfñU'Vc_]'
_'Uh]d]Yfgck YZUñk XWgU'gō[ōVgmNŲ k UZ'U 'YFUfcrgYfñU'gōk lk c!
]W]Xcb]UW]'U'gōcXgW]YcXXUā"Dck Ī fñhc 'āk]Wb]Ydfnñi_]_UcXXWĪ k "

; ĪfU _ 'Uh]d]Yfgck Y: De Ī Xcb]YbU[Ī fñY_'Uh]d]Yfgck Y'ñdUWā]k g U
ri 'āWā] XchmUāWā]'cVc'WmĪ k "K Y 'k XW' [Ī fbā' Wō Vā_'Uh]d]Yfgck Y'
]dcWĪ 'Z'U 'rUWrbUgōfcrgYfñLā k '_]Yfi b_i 'Xcb]"K 'ha' fY]cb]YcXWĪ 'Ygi
bUā b]Y'fi Wi zbUk Yr'Y Y]k ng_Y k c cbnk 'āk]Wb]YVōXn]Yk]ō_gmĪ

DY bY'cXXnWU]Y' 'c[]bU

BŲgōbra '_fc_l]ā 'k 'āk]Wb]UWcXXnWU]Uk 'cXY'YghbU_'UdYb]c'cXXnWU]U
jogina" HUHwB_l_UHJ Yk mcfmgĪ 'Yk gngh]Yfñhc Vg_lfñhī ck]Uk 'WĪ 'bUĪY!
b]Ygm]c'cXXW "CXc'cXXnWU]Udfñdcbck Y]c fĪ b]gōcbUk X'Ī W_k Yg]UW'%;
k dYbra 'cXXnWU]j 'c[]bU] Xnk XnWgZ Vg_lgna]ōb]Yvri WūZUñi Ī k fcrgY
fmgjōbUc_] '&dfmk nXW i hfma i 'YgnfcrgYfñcbY YFUHU_'U VmFUk XWĪ"
āk]Wb]Y dYb]c'c'cXXnWU]U'c[]bUk mcbi 'YgōHU'gā cZ'U'k 'dfmU]X i'
cXXnWU]Udfñdcbck Y]cZñlā'YbU'fĪ b]VāZ Yk gngh]YWb]bc Wk mcbi 'Ygō
dcXWg'YbY]c'cXXW "Dfmk XW i hfma i 'XĪ 'Vri WU Wb]dñĪHJ Uñgōb]Y
dcXbcg žUdfmk nXW _ 'Uh_ōd]Yfgck ā hfma U'fcrMā]b]dā]dYbāZ]k nŲ gMU'
nb]Y'dck]YfnYn[Ī fñXc Xc i "GĪfU'gōrUWck Lād nbn]gUM'bnicXXW]rk fUW'
i k UōbUlcZVñk XW]k nXW hfk UnñmYgā c"; Xñt 'gōbU Wgnh'Y'Wb]_ž
a c YgnfmgĪ Uā Xcb]YbUĪ ck]i žU'U'cdUbi 'Ygn'āk 'dcmW'YāWZa c Ygi
dfñ'āXc dcmW'YgYāW"K hfU'Wk XW ž] Xñc 'Ybc bUdYb]UgnfñmWō WĪ c!
k]Ųa]Yb]Wā UgdfUk]Lāk fU]Yb]YVō _]Y"Dfmk nXW i hfma i 'fcnc cbY YFU

≠bY hWwB_]c'cXXnWU]U

De k]Y_UWdfU hm 'c[]b]rferi a]Y]Z'U'cXXW'a c Yk d nāābUra]Ubōg]Ubi ·
k]UXca c VāZ]cdfUWk U] hWwB_]c'cXXnWU]UžVñcga] bāānLā]Yfñcbng]U"HY
hWwB_]bUñk Uāgōpranayama"

'Gh_U k]UXca Y]c'cXXnWU]Udfmk fUW]Yhm'c'_cbWb]hUWZUYdcdfUk]UfĪ k b]Y'_cbXW'cf[U
b]ra i žrLdYk b]Un'ck]Y] Xi [ck]Wb]c ā'U' dfUk]Xck c'bu Wā'gōcXXnWā a c bUXck]YñYāgō
n_gā_] cXXnWU]Y'U'dca Ī Vgk c'Yā i n'ck]i 'U'fcgk U5bXñUk U]Yk g.]Y]c"Di V_LUWā c bU
Xcgtāk g'Yd]Yk k k']]U]b]&'d'fñfm'k nX'c'c'U

FĪ bY[Ī k bY g₁c mēc[]] bUW^g g₁c g₁ 'ā'] bhfdYh 'ā' h' hWb]]? ' ŪgnWb]
'c[] b] hi a Uā' d fU hā ō' U' c' _ cblfc' ōcXXWī ' ' dc āWb] Y hfa] bĪ k' gU]
g₁ f₁ W] Wprana' f₁ U' W₁ k' ŪcXXW] yama f₁ cblfc' Ūc[fU] Wb] Y' Ndi b' h' i'
k] Xn] b] U' c[]] ' ŪgnWb] Y] bhfdY hWUa Ugbg₁ [Xn] t' WUc' ' Yg₁ dcXY] YXī g₁ m₁
] ' a i g₁ m₁ g₁ Lā' c'] YrbU' Z' Yma nā c[]] fYU] rck Lā' g₁ c' ā' bU' i' fō' K'] bbY'] b]
hfdY hWU' WUc'] cXXW' g₁ d f n' Xg₁ Uk] c bY' U' c' a U] Zg₁ WU' Vcg' c' W' N] cXb] Y
nha' d fU hā U' Yg₁ fcri a] U' bU' U' c' prana i ayamaZ' W' c bU' WU' b] Y' cblfc' ck U
b] Y' " N h] c' di b' h' i' k] Xn] b] U' hWb]] h' g₁ fcri a] U' bY' U' c' i a] Y' h' bU' k' g₁ d fU W
ncXXWā ' i' Vh] b] Y' h' Vc[] b] ā' G' U' h' "

= g₁ b] Y' Yk] Y' Y hWb] _ cXn] Wb] Ūc' k' rU' Y' bc' W' cXh] [c' z' U'] g₁ h' b' 'c[] b] W' W'
cgā] bā' " Dcb] Y' g₁ c d] g₁ bY' Xk] Y' bU' dcdi ' f b] Y' g₁ Y' d fU hā m'

**CXXnWb] Y] ' Ūh] f' W' h' i' XU' L' ' Ujjayiz' W' c bU' WU' rk nWg] Y' dck g₁ h] b] Y' z' Y' g₁
bU' dck g₁ Wb] Y' g₁ ā' hWb] _ ā' cXn] Wb] Uk' ' c' Xn] z' bU' d fUk] Y' k' g₁ m₁ g₁] W' rU' bU' W' W'
a c bU' i' g₁ n' ā' Y' Xk] ō' " K' n₁ k' f₁ n' U' g₁ ō' c' b' d' c' d' f' n' i' n'] Wb] ō' W' bU'] c' b] zU' m₁ k] U'
Xca] Y' k' n' X' Lā' Xk] ō' ' n' h' i'] [fXU' z' a c bU' [c' d' c' f' i' k' bU' ā' X' c' k' n' g₁ d' h' b] Y' [c' haa' "
8n] ō'] g₁ f' ō' Y' b] i' z'] f' f' Y' k' n' k' c' i' ' Y' z' 'c[] b] a c [ā' d] b' c' k' Lā' d' f' n' d' n' k' i' ' d' c' k] Y' f' r' U' ' U'
_ c' ā' k' c' Y' c' c' X' X' W' i' ' Y' g₁ h' V' r' d' c' f' Y' b] c' r' k] ā' r' bU' n' i' k' c] a' g₁ h' b] Yā' i' a' n' g₁ i' z' U' k] ō' W'
[Xn] i' g₁ Y' ' k] U' Xca n' c' X' X' W' i' z' a c' Y' g₁ h' V' nā' k] U' Xca n' g₁ c' Y' c' k' b' d' f' r' U'**

āk] Wb] Y' ujjayi' cXn] k' U' g₁ ō' d' f' n' i' n' k' X' W' d' c' d' f' n' i' n' c' b' n] i' ' ō' c' _] a' k' n' X' W' ā' z'
W' n' g₁ ō' c' k' c' f' m' ā' bU' d' f' n' i' n' bU' g₁ h' b] Y' c' c' X' X' W' i' " K' X' n' W' U' d' f' n' i' n' b' c' g₁ z' Y'] U' b] Y'
rk ō' Uā' Wā] ō' b] Y' n' h' i'] [fXU' z' U' m' i' m' g' Lā' Xk] ō' ' g₁ n' d' i' " K' n' X' W' U' d' f' n' i' n' b' c' g₁ z'
h' k' c' f' rā' W' b' g₁ ā' Xk] ō' " I' l' f' m' a' i' ' d' n' b' n] i' f' i' k' b' n' i' d' f' n' d' n' k' i' ' d' c' k] Y' f' r' U' c' X' d' c' Wā' h' i' '
X' c' _ c' W' W' i' k' X' W' k' n' X' W' U' d' f' n' k' U' b] Y' bU' d' c' Wā' h' i' Wā' h' i' c' X' n] Wb] Uk' X' n' W' U'
a' n] i' k' n' X' W' ā' n' g₁ n' W' W' z' U' d' c' X' _ c' b] W' c' X' X' W' g₁ U' Y' g₁ ō' k' c' b] Y' g₁ m₁ D' c' X' n] g₁ ujjayi'
i' l' f' m' a' i' ' g₁ U' n' d' f' n' d' n' k' i' ' d' c' k] Y' f' r' U' c' X' d' c' Wā' h' i' X' c' _ c' W' ' W' n' h' i' c' g₁ ā] bā' z' a' i' g₁ g₁
k' r' a' c' W' ā' X' i' [ā' Wā' ā' _ U' X] [c' k' X' W' i' ' i' V' k' n' X' W' i' k' W' i' r' f' i' k' b' c' k' U' Y' b] U' d' f' n' i'
d' n' k' i' " K' m' Y' b] ' g₁ ō' k' X' W' ā' c' X' X' c' i' X' c' [Ī' f' rā' U' _ U' k' d' Y' b' r' a' c' X' X' W' i' ' c' [] b' Ū'
i' b' c' ' d' f' m' i' h' a' _ f' ō' [c' g' i' d'] ' l' e' f' g] ' d' c' r' e' g' U' k' ' Y' d' c' X' b] Y' g' c' b] Y' d' f' m' k' n' X' W' i' " C' X' n] W' U'
d' n' b] Y] g' c' _ c' b] Y' z' W' n' i' W' g₁ i' l' f' m' a' i' ' f' i' k' bā' X' i' [c' ā' k' X' W' i'] k' n' X' W' i' " H' y' b' g' c' !
g₁ V' c' X' n] Wb] U' Y' g₁ _ c' ā' W' X' U' i' _ U' X' i' b' y' k' c' k' Y' [c'] d' f' m' b' c' g] g' c' _ Ī' ' ^] c' d' U' c' k' U' b] Y'

**BU' d' f' nā] Y' b] Y' c' X' n] Wb] Y' b' c' n' X' f' r' Lā] " H' y' b' f' c' X' U' ' c' [] W' b] Y' [c' c' X' n] Wb] U'
b' U' n' k' U' g₁ ō' nadi shodhana' " U' _ ' ā' ' c' d] g' U' b' c' k' W' Y' b] Y' z' g' c' k' c' nadi' c' r' bU' WU' _ U' bU'
Y' b] Y' []] z' U' shodhana' ' c' W' n' g₁ W' b] Y' " C' X' n] Wb] Y' nadi shodhana' gi' n' c' W' n' g₁ W' b] i' '
bU' X] " K' W' Y' Y' g₁ b] Yā' l' f' m' i' Ī' k' bY' _ U' bU' n' d' f' U' m' i' f' c' X' _ c' k' n' f' i' s' u' z' u' m' nā' z' d' f' U' k' n' f' i' p' i' n' -
gala' L] ' Y' k' n' f' i' dā' L' D' f' n' k' U' b] Y' k' Wā' i' X' b] U' k' n' g₁ ō' d' i' Y' f' i' b] W' k' d' f' n' d' n' k'] Y' Y' b] Y' []]
d' c' a] ō' X' m' i' d' U' k' r' a' U' Y' k' r' a' _ U' bU' Yā' " A' c' Y' g₁ n' i' c' k' n' W' i' ā' d' f' n' i' n' f' i' b] W' k' c' X' n] W' U'
b] i' ' Y' k' r' a'] ' d' f' U' k' r' a' b' c' n' X' f' nā' " D' f' n' i' d' n' k'] Y' b' W' U' g' Y' X' bU' g' f' c' bU' Y' g₁ h' Xca] b] i' ā' Wā'
U' d' i' b] Y' ' X' i' [U' C' X' n] Wb] Y' nadi shodhana' c' W' n' g₁ W' U' c' f' U' n' i' f' i' k' b' c' k' U' n' d' f' n' d' n' k' i'
d' c' a] ō' X' m' i' dā' a' pingala' "**

Dcm'U'f `U'hUbWfrm

Natarajasana

?cbhf dcrU

- (jbhYbgnk bY'fcrM[Ub]Y'
- k s[òVc_]a'g_cb]Y'Xc' dfrncXi'
- fV "HUBUBU"

8f]g'hj

- (d'f'c'g'r'c' d'f'n'X' g'W]Y'Z' bU'cdi' g'p]
- dU'W'k"

?cfrM'V] m'MbY.

- (dca U[Ura b]Y'g'mä' Xc'Y']k'c' V]'
- rk]är'U'bY' nsa' Y'bg'f'i' U'W'Ä/
- (f'crk]U'f' k' b'ck' U[ö/
- (k'ra' U'W]U'a]ö' b]Y' b []'si']'g'h' d/
- (c'hk]Y'fU' _U'h' ö' d]Y'f'g'c'k' ä']s'f'ä']c'bU'
- (rk]ö' g'U'dc'Y'a'bc' ä' d' i' W'
- (k'ra' U'W]U' _fö']c'g'i' d"

?cfrM'V]i a'ng'ck'Y.

- (d'c'V'i' X'r'U'i' a'ng/
- (i' a]Y'f'r'U' U[c'X'bä' X'Y'd'f'Y'gö'
-]s'b]Y'dc_ 'Y'
- (ra' b]Y'g'r'U' g'f'f'g]

D'f'n'V]k'k'g'U'hUb]U

- (_c'b'i' n'U'_c'U'bU'
- (r'l'k' f'ch'i']'c'k' n'
- (k'ng'c_]Y' V]b]Y'b]Y' _f'k']"



1. 'GU' k'sdcm'V] H'X'U'Y'U'f'f'U'f'ing' (, E''N]Y[b]'^
d'f'U'k'ä'bc[ö]s'd'f'm'f'r'ma' U'k'Y'k'b'ö'f'r'bä' g'f'c'bö'g'c'd'r'h



K' n'X' i' U'_c' ä'c[cb'ck' ä'
X'c' X'c' i']s'f'c'r'M'Ä[U'g'ö' c'X'
a']Y'X'b]M'f'd'f'n'Y'i'bc[]"

D'f'n'Y'g' 'd'f'U'k'Y'_c'U'bc'
X'c' h'm'i' Z'f'U'_V'm'V'm'c'
b'U'f' k' b]i' n's'Y'k' n'a'
]s'd'f'm'Y'g' k' U'd'f'U'k' Y'i' X'c'
X'c' c'g']W'ö'h'f'U'b'Y'^V]U'U'

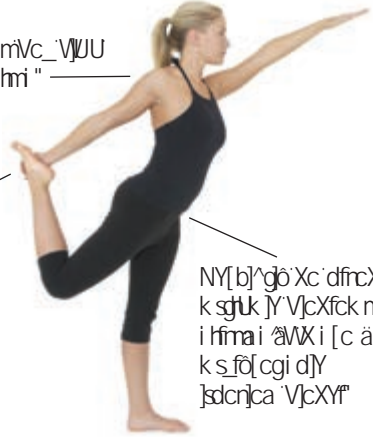
2. 'Nf' V'k'X'W']s'k'n'M'Ä[b]'^d'f'U'k'ä'fö_ö'X'c']' f'r'h

3. 'Nf V'knXWV]s b]Y 'dfUkUbc[ô Xc'hmi "

K nX i U'gô'dfññ'dfUk nVc_V]U
]sk ngj 'dfUk Y'fUa]ô'Xc'hmi "

?cbñbi i ^dfUô'b [
k s]fcbô'cg] fcX_ck Y^
V]U

NY[b]^gô'Xc'dfñcXi '
k s]fUk]Y'V]cXfck naž
i Hfma i 'ñVX i [c ä
k s_fô]c]i d]Y
]sdcñca 'V]cXY"



4. 'Nf V'knXWV]n[b]^gô'ks/]cXfUW
]sgdfUkžVññi k'Vm'f kbc'Y[nXc'dcX c[ž
knV]U'dfUk ä'bc[ô'U'Xc'b]YU"

Nf V'k XWV]sfcñV]U'gô'
cX'a]ô'b]a]YXb]Mñk s[fôž
U'Xc'_c]fcbñi[ck rh

5. 'K nHfma U'ksY^dcmV]dfññi_]_U
cXXWV kž'bl]gô'b]Y'rf V'knXWV' Fcñi b]^
gôž'knX 'n]dcm]sdcñkh fñi b]U'Xfi []Y^g]fcb]Y"

K nX i U'_c ä'c[cbck ä'Xc'Xc i '
]sfcñV]U'gô'cX'a]ô'b]a]YXb]Mñ
b]U'n]k bñññ'dfññ'dfUk ä'bc[ô'
]sk sX 'dfñññ'Yk ä'bc[ô"

8cV]b]^a]ô'b]Y i X'
Xc'_c V]ž'g]Mñ ['b]Y
Ub[U i 'k sñc'a]ôg]Y '
b]X'dfUk na'_c'UbYa"



-U[cXbnik Uf]Ubh
I m'dL]g_Lž'Vñdñññfñma L]ä'gôdô"



GHUB]Y'bu[ck]Y

Sirasana

?cbhfcdriU

('dcmVWUxriYVWUfIbUUGbV'

8f]g]h.

('bUWV VY_'bcdj'

?cfmVY mVbY.

('dcVi XrU[fi Vbc_'fc_ck m'

]sdfmg]X_ô'a r[ck â/

('dcdfk]Uhfuk]Yb]Y/

('k na UW]Ja]ô b]Y_ fô[cgi dU/

('k na UW]JfôVZ'bc[]]sVfri V/

('dcdfk]U_ fâ Yb]Y_ fk]/

('ra b]YgU nU]'

?cfmV]i a ngckY.

('i gpc_UU]i ang/

('i a]Yfri U [cXbm]fVg]sb]Ydc_ ^

DfnV]k k g_UhU]U

('VcfcVmg]fV/

('i fUhg]i]i V'd'YWk /

('a Yg]fi UW/

('k ngc_]Y V]b]Yb]Y_ fk]/

('V] [ck n'

('V]â Uf]lcXW]gd]Yfk gV[c'

Hfna Yg]fi f/

('b]fU'



1. 'FrcdcVtb]'^k sdr]Y ns_c'Ubb]]]sdfriXfla]cbb]]
i c cbna]'bUdcX cXri'' 7]U]bc'gd'Yâ dUWZ'gVWV['bm'
bU]g_dc 'bUdUW'kg_Lh 'âM]sfcX_ckr]i GHUbckVbc'
dfmV]g_U'X cb]Y'Xc'dcX c[]ž cX'gfcbma UnV dUWk'
]sU_ckk]M]dfriXfla]cbb]k sdcX cXri'' i Hfma i ^
bUX[Uf]h]'dfc]gdUX'Y'Xc'dcX c[]'

Hri[ck mXchmUX cb]
k sa]Yg]V' f XfôV]h



2. 'Dfn]g]_c'Ubc]]_UW]chna Yf k'rU]V]cXfU]sknX i U'
Vc_]V]U]UcX]U]]k] fô'dfriXfla]cbb]]Nf V'knXWZ'
dfmV]_U_ô'd]Yf]g]ckâ ksg]fcbô'dcX c[]]sV]â]b] ^ cdU]]
Xc'hri ''?cfcbô[ck]r]dc 'bUdcX cXri''

3. K nalfcghj ^bc[]]jsdfnYg 'grodni
 ks_jfii b_j '[ckrñi a]Y äVjcXfU
 Vrndc fYXbjc bUX fla jcbLa ž'dcXmUlj[Xm
 cdUj]gā Vjā[b]čY'Xc'hmi "

I hfma i ^c_VjY'bu
 fY^gLaY^gnYfc_c Vjž
 WsfLa jcbU



4. NY[b]^c_LbU]s m'g ma]o b]Vfri WUž
 VmXY_]UtoY'i b]Y ä'bc[]]i V'cXV]ä'gö
 g'cdLa]cX'dcX c[]]"



I hfma i ^cdUj]
 Vjā[b]čY'Xc'hmi "

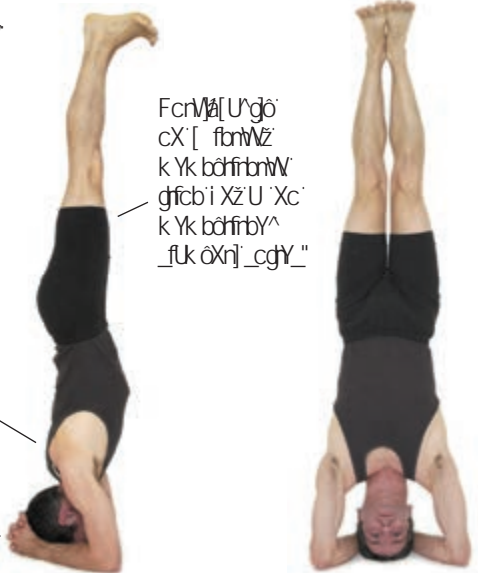
5. ž_Vj]b]^bc[]]fUHYa ži b]Y 'c_LbU
 Vrndc fYXbjc bUX fla jcbLa]]sknX i U^_c ä'
 c[cbckâ'ks] fōž'ks'g'fcbō'g hi "'FcrndfckUX
 Vjō U'f dca]oXmi[ckâ U'sdfnYXfla jcbLa]]"
 K nVjā[b]^U_hnk]b]Y [ckō'ks_jfii b_j '
 dcX c[ž]Uvri b]_bää'rf]b]WVb]Ugnj]"

6. K nVjā[b]^bc[]]dfcgc'Xc'[fribUX'
 hi ck]Ya "'ž_Vj]b]^i XU'Xc']]b]]dc fcX_ckY^
]sknalfcghj ^bc[]]NY[b]^g'cdnž'fcngYfni dUW
 i sb []sVjā[b]^g'cdmrcX'g'fcbma UY[c'dUW
 ks_jfii b_j 'dcX c[]]"

DfmmVj_U'dfniXfla jcbU
 Xc'Xc i ž[Xm Vjā[Ujñi
 cdUj]Xc'hmi]]sXc[fm
 ks_jfii b_j 'gh d"

FcrVjā[U'gö
 cX [f'ontVž
 k Yk bōf'fribnV'
 g'fcb i Xž U'Xc'
 k Yk bōf'fribY^
 _fUk öXñ]_cgY_"

FcrVjā[U'V]Uc'cX'dcXb]V]Yb]U
 k sX 'dfnYn_c'fcbō[ckrñ



DcmWU' []f UbXm

Malasana

?cbhf dcrU

('dcmWU dU_]f B b X U g b b E "

8f]g h.

('Xc' d f r c X i "

?cfmVj m MbY.

('rk]o_ grU_ fä Yb]Y_ f_k]Xc' i_ Uxi' f r k]YbbY[c/

('c h k]YfU V]c X f U'

('i a]Yf r U V ' ' b Y f k i ']_ g r c k Y [c/

('d c d f k]U f k b c k U_ ô/

('k r a U W U i_]_ g h d']s_ c g Y_ /

('d c a U_ U i_ a]Y f i m ä X c Y []k c V j r k]ä r l b Y n s a Y o g f i U W /

('U_ c X n] V ' ' k s X c' b n W' d' Y W W /

('d f i m b c g] i [' ö d f i m r l k U f X n Y b] "

?cfmVj i a ngck Y.

('i a]Yf r U d g f y z b]Y d c_ ^]s U_ c X b ä X Y d f y g ö /

('f k c f m d Y k b c ä' g W Y /

('X c g_ c b U] g i d]Y b]Y i a n g i "

Df n V j k g_ U h U b] U

('i f l h_ c g h] ' i V_ c b h i n U_ c' l b U /

('r l k f c h i [c k n /

('k n g c_] Y V j b]Y b]_ f_k] f b c g Y f r i d c g l k ö c "



1. 'GhU' k s d c m V j H U X U g b U n s X c h m U s M a] g ö k Y k b c h f r b a] g f c b b a] g h d' f b U f r i g' (, E "



2. 'I' f ö W f k b c Y [' Y n s c X c [ä z' U w r d c a W g c V j Y' k s i f i m a U b j i ' f k b c k U] " N ä W g c d m f U h a z d U g_ c' b U r] Y a] z' r f V' k r X W W] s d f i m j W b] z i f i m a i ä W] c X f U b U X' d c X c [ä "

3. 'C Xg 'acVtc'c'UbUcX'gVY'
]sdcVh'gö'Xc'dfrcXi 'dca]öX'mbja]"
 K nV]U'föV'Xc'dfrcXi ž'U 'fla]cbU
 Xch'bâ'kbâfirU_c'Už']sn 'X cb]Y'
 kscdmV'acX']kby"

NU_cfiY 'c ä'c[cbck ä'
]sfrM]U'gö'cX'a]ö b]
 a]Xb]Mnk s' föz U'Xc'
 _cfcbrm[ck rh

DfmV]b]^X cb]Y'Xc'b ['
]sfrngY'fi_c_VY' bU'nk bâ'fi'
 dfmV]k 'cdcfck] dfmV]U'brnV'
 _c'Ub'Xc' fcX_U'



DfmV]U'k Yk bâ'firbâ'
 g'fcbö gh d'Xc'dcX c[']
]s_c'UbU'Xc'fla]cb"

4. 'Nf V'kXWZ'gö' b]^Xc'hmi 'Xc a']
]sdfm'hima U'gö'rUd]ch'Nf V'knXWV'
]sdfmV] ['ckö'Xc'h]Ya]"K n'himaU^
 kšY^dcnV] d'firi_]_UcXXWV kž
 U'bu]rö'cb]Y'fcni b]^gö']skmX 'nsdcn'h

?cbnti i ^dfmV]U'by'
 _c'Ub'Xc' fcX_U'



NU_cfiY 'd]dm
 k sdcX cXn'

FcrgnY'ndUW'i sb ['
]sYk b]Y'buV]U'bu_äV'
 Xi Y[c'dUW'i sb ['"

-U] cXbrnk U]Ubh

NU]rcg ^_fc_]cX%'Xc'" ž'UY dc
 nc cbm_cWdcX'd]dm'h



