



Yoga beginner

Its basic text is from the 2nd century BC. Yoga is associated with India, the name itself originates from a Sanskrit word, too, meaning “union”: that of the individual soul with the cosmos, or the Supreme.

Yoga has both a philosophical and a practical dimension. The philosophy deals with the nature of the individual soul and the cosmos, and how the two are related. The practice can be any activity that leads or brings the practitioner closer to this mystical union, a state called self-realization. Yoga techniques cover a broad range, encompassing physical, mental, and spiritual activities. Traditionally, they have been classified into four categories: the paths of meditation, of devotion, of selfless service, and of intellectual analysis of truth and reality. Body, soul, and mind can be conditioned, strengthened, and relaxed, aiming a higher level of living.

Instructor: [Ms. Boglárka Gyenis](#) [1]

Time: Wednesdays at 3:00pm - 4:30pm

Location: PTE Dance Studio (Ifjúság útja 6. building B)

[REGISTRATION](#) [2]

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