

THE PATHS OF YOGA



TRU YOGA

WHAT IS YOGA?

Yoga means “union”—joining together the body, mind, and spirit. The word “yoga” comes from a root that means “to join,” just like the word “religion” means “to bind together.” All the different paths of yoga are about helping us feel connected: to ourselves, to others, and to something greater.

THE FOUR PATHS

There are many ways to practice yoga, but they can be grouped into four main paths:

- **Jnana Yoga:** The path of knowledge and self-inquiry, for those who love to ask big questions and seek understanding.
- **Raja Yoga:** The path of meditation and self-mastery, for those who are drawn to discipline and inner focus.
- **Karma Yoga:** The path of selfless action, for those who find meaning in helping others and serving the world.
- **Bhakti Yoga:** The path of devotion, for those who feel deeply and long for connection through love and surrender.

JÑĀNA YOGA



RĀJA YOGA



KARMA YOGA



BHAKTI YOGA



While each path is complete in itself, most practitioners benefit from a blend. For example, Hatha Yoga (physical practice) prepares the body and mind for deeper meditation (Raja Yoga), while devotion (Bhakti) and service (Karma) cultivate the heart and spirit. Yoga is not about fitting into a single mold, but about discovering your unique way to union. Allow your practice to evolve as you do.

THE HEART OF PRACTICE

Swami Vivekananda, a great yoga teacher, said that two things help us most on the yoga journey: practice (Abhyasa) and non-attachment (Vairagya). Practice means showing up again and again, even when it's hard. Non-attachment means letting go of the need to control or cling to results. Together, they help us grow and find freedom.

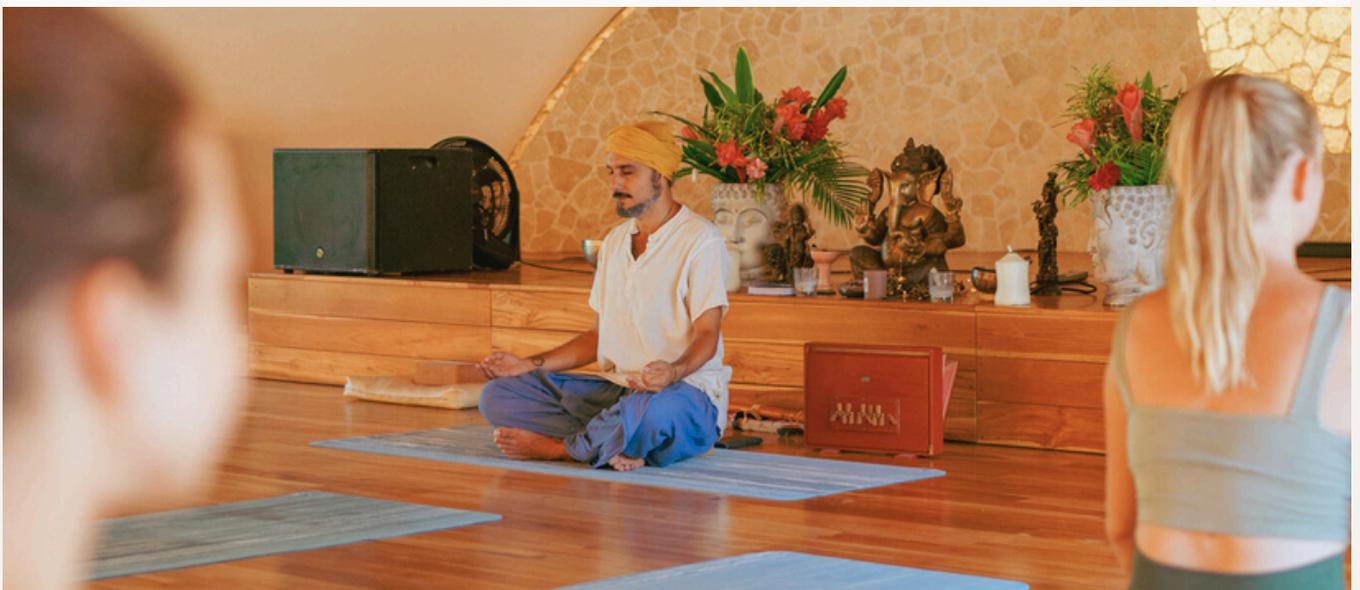
He also reminds us:

"Never say 'No', never say 'I cannot', for you are infinite. All the power is within you. You can do anything."

WHY PRACTICE YOGA?

Yoga is about more than just poses. It's a way to discover your true self and to feel at home in the world. As Sri Aurobindo wrote, all of life is like a great yoga—nature itself is always growing, learning, and reaching for its highest potential.

When we practice yoga, we join in this journey. We learn to balance our individuality with a sense of unity, and we begin to see that we are both unique and deeply connected to everything around us. This is the real freedom that yoga offers.





JÑĀNA YOGA

The Yoga of Knowledge

Path of wisdom through self-inquiry and knowledge

Jnana Yoga is the path of transcendent knowledge - that which is eternally true. The practitioner continuously inquires in the nature of reality to discern the real from the unreal, and establish themselves with unshakable primordial wisdom.



RĀJA YOGA

The Yoga of

Meditation for mastery, leading to spiritual awakening

Raja yoga is a path of mastering the mind. Through self-discipline, introspection and devotion, the practitioner learns to still the fluctuations of the mind through ethical living, physical and mental practices for self-regulation, and higher knowledge for self-realization.



KARMA YOGA

The Yoga of Action

Selfless action aligning will with universal purpose

Karma Yoga is the path of selfless service. Through action undertaken without agendas for personal benefit, the psyche is purified and the virtues of Divine consciousness take root in the practitioner.



BHAKTI YOGA

The Yoga of Devotion

Devotion and love as union with divine presence

Bhakti Yoga focuses on cultivating devotion to the Divine such as beloved-lover, friend-friend, parent-child, and master-servant, with an attitude of unconditional love. Seeing the Divine in all, cultivating acceptance and peace.

Included in the Major Branches of Yoga and sometimes considered as a classical path:



HATHA YOGA

The Yoga of the body

Physical discipline uniting body, breath, and mind.

Hatha Yoga focuses on purification of the body for awakening spiritual life.

Ha-tha = ha-sun, tha-moon, and represents opposing energies: male and female, positive and negative energies, yin/yang. Techniques bring us into balance, and how to amplify or direct our prana, or life-force energy.

To work with love is Karma Yoga.

To know oneself is Jnana Yoga.

To control the mind is Raja Yoga.

To surrender in devotion is Bhakti Yoga.

To balance body and breath is Hatha Yoga.

All paths lead to the same destination.



TRU YOGA

THE RESONANCE OF UNITY

WANT TO EMBODY THE
YOGIC PATHS?

NEXT IMMERSION



THE HEART OF PRACTICE
Uvita Costa Rica
Nov 24th - Dec 06th



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