

REVIEW SHEET FOR TEXTS AND TRADITIONS OF YOGA

TERMS

Yajna	Guru	Mysore	Tapas
Mudra	Bindu	Tantra/tantric	Mantra
Tattva	Purusha	divinization	Hatha
Brahman	Prakriti	Yoga	Postural Yoga
Atman	Samadhi	Physical Culture	Vasana
Asceticism	Kaivalya	Kashmir Shaivism	Kundalini
Cakra	Nadi	Citta/cetana	Ahamkara

TRADITIONS AND TEXTS WE LEARNED ABOUT:

Vedic religion	<i>Veda</i>
Upanishadic philosophy	<i>Katha Upanishad</i>
Classical yoga	<i>Yogasutra</i>
Bhakti	<i>Bhagavad Gita</i>
Hatha yoga	<i>Hathayogapradipika</i>
Kashmir Shaivism	<i>Yogavasistha, Pratyabhijnabrdayam (Heart of Recognition)</i>
Modern Yoga	

DEITIES

Brahma
Purusha
Vishnu
Krishna
Rudra/Shiva
Shakti/Citi

TEACHERS/AUTHORS

Patanjali
Gorakshanath
Abhinavagupta
Kshemaraja
Krishnamacharya
Vivekananda

IMPORTANT THINGS TO REVIEW

The basic teachings, texts, terms, and approximate timeframe of each tradition studied
The summaries given on each assignment page, your notes from class, quizzes
ALL OF THE MATERIAL ON THE CLASS WEBSITE!!!

DEFINITIONS OF YOGA:

“Hitching a war-horse to a war chariot” (Vedic)
This is what is called yoga: the steady concentration of the senses.
Yoga is the stilling of the fluctuations of the mind.
Yoga is said to be equanimity.
Yoga is the realization that God and the self are not different.
Yoga is defined as the unification of the many pairs of opposites.
Yoga is similar to other exercise programs, such as dodgeball.
Yoga is the disciplined effort to attain the highest goal of human life.

Sanskrit dictionary
Katha Upanishad
Yogasutras
Bhagavad Gita
Gorakshanath
Gorakshanath
Judge in San Diego
Karen Harris