

DEHA
SOUND BODY

GNANA
SOUND MIND

YOGA
PURE SOUL

JEEVA
OPTIMAL LIFE

PoornaYoga
Foundation Course

Gita Vidya
India | Europe | America

yogaśāstra-yogasūtra-dṛśyārūpapradaśīne.
pūrṇayogaprabodhāya gopīvaryāya te namaḥ..

ROMAN_(IAST)

Transliteration booklet

This booklet is not for sale.
Copyright CourseLink ©

Sri. Gopi Venkateswara Prasad

About the Program Structure:

Poorna Yoga Program aims to offer a broad understanding of PoornaYoga, through **140 Gita-shlokas** and **96 Yoga-sutras** under **22 thematic lessons**, which are grouped into four courses namely **DEHA, GNANA, YOGA** and **JEEVA**. Each lesson is structured with the **G-Education** model using the three components of learning namely **Sadhana, Sodhana** and **Vaadana**, which enable students to **understand, explore** and **apply** the wisdom of Yoga in daily life.

The **SADHANA** component involves activities such as **shravana** means **hearing**, **pathana** means **reading**, and **manana** means **reflecting**. These activities enable students to **understand** the essence of the lesson. Students do **SADHANA** using the PoornaYoga transliteration **textbooks**.

The **SODHANA** component involves activities such as **varna** means **colouring**, **visleshana** means **analysis** and **anveshana** means **searching**. These activities enable students to **explore** deeper insights of the lesson. Students do **SODHANA** using the PoornaYoga **workbooks**.

The **VAADANA** component involves the activities such as **charcha** means **discussion**, **samiksha** means **inspection**, and **pariksha** means **examination**. These activities enable students to **apply** eternal wisdom in daily life. Students do **VAADANA** using the PoornaYoga **project-work**.

About the Course Material:

It is essential to obtain the course material to participate in the “Poorna Yoga Program”.

Textbooks: The transliteration textbooks are available in **33 languages** as PDF or book formats. Students can read the Sanskrit shlokas in their native language scripts and learn the pronunciation and meaning through the **E-Class videos**.

Workbooks: The workbooks are designed to stimulate interest and facilitate learning through **graphic illustrations** and other **smart learning** features. Workbooks can be purchased from the school or from the CourseLink website.

Project-work: Students shall do the **Project-Work** in small teams of three. They shall add colours to graphic illustrations, and copy-write shlokas. They shall do a collective recitation of shlokas and presentation of summary in the class.

Contents

Lesson name	Page
DEHA course	04
1. The Nature	05
2. The Body	06
3. The Mind	07
4. Sense Objects	08
5. Sense Control	09
6. Sense Gratification	10
GNANA Course	11
7. Physical Wisdom	12
8. Social Wisdom	13
9. Occupational Wisdom	14
10. Mental Wisdom	15
11. Emotional Wisdom	16
12. Spiritual Wisdom	17
YOGA Course	18
13. Yoga Sukshma	19
14. Karma Yoga	20
15. Gnana Yoga	21
16. Dhyana Yoga	22
17. Bhakti Yoga	23
JEEVA Course	24
18. Samadhi Pada	25
19. Sadhana Pada	26
20. Vibhuti Pada	28
21. Kaivalya Pada	29
22. GreenJeevan	

DEHA (Sound Body)

DEHA course highlights the principles of sound body. It explains the Material and Psychic aspects of the human body in 6 lessons. First three lessons describe the elements of nature followed by the characteristics of the human body and mind. Next three lessons describe the sensory objects followed by the ways of controlling the senses and the consequences of sense gratification. In this course the participants shall learn the following. The basis of human existence on earth. The three kinds of food and their influence on the human body. The three main characteristics of the human mind. The two broad ways of conducting life in the material world. The characteristics of a balanced consciousness. The cause and effect of mental stress.

Lesson 1. The Nature: Planet earth is a wonderful creation with countless varieties of living creatures and non-living objects. In this lesson we learn about the creation and the creator. We will understand the material nature and three modes of material energy. We will distinguish the characteristics of human beings under the influence of different material energies.

Lesson 2. The Body: Human body is driven by energy and the energy is generated by food. Different kinds of foods produce different types of material energy namely Sattvic, Rajasic and Tamasic. In this lesson we understand the influence of material energies on human body. We learn the ways to deal with the body for gaining balance in life.

Lesson 3. The Mind: The mind has no physical shape yet it controls most of our actions. In this lesson we discuss the characteristics of a human mind and its functioning. The mind when put under self-control behaves like a friend otherwise like an enemy. We explore the factors influencing mind and ways of controlling them.

Lesson 4. Sense Objects: Objects that attract senses are called the sense objects. Brain identifies such objects and Mind experiences joy or pain from them. In this lesson we discuss the composition of the material nature and categories of people engaging with it. We understand the influence of material nature and material energy on human actions.

Lesson 5. Sense Control: One of the ways to deal with senses is to control them and reasonably enjoy the material nature. One who controls senses can gain stability in life. In this lesson we discuss the ways of sense control and its effect on human life. We explore the characteristics of "Sthita-Pragna" in other words the stable conscious.

Lesson 6. Sense Gratification: The irrational way of dealing with senses and enjoying material nature with no limits and conditions is called sense gratification. One who fails to control senses will lose stability in life. In this lesson we discuss the consequences of sense gratification and its effect on human life. We explore ways to overcome the influence of material nature and gain eternal peace.



1. The Nature

- A** punyo gaṃdhaḥ pṛthivyāṃ ca tejaścāsmi vibhāvasau .
jīvanam sarvabhūteṣu tapaścāsmi tapasviṣu .. 7-9.
- yadādityagataṃ tejo jagadbhāsayate'khilam .
yaccaṃdramasi yaccāgnau tattejo viddhi māmakaṃ .. 15-12..
- gāmāviśya ca bhūtāni dhārayāmyahamojaśā .
puṣṇāmi cauṣadhīḥ sarvāḥ somo bhūtvā rasātmakaḥ .. 15-13..
- B** daivī hyeṣā guṇamayī mama māyā duratyayā .
māmeva ye prapadyamte māyāmetāṃ taramti te .. 7-14.
- rajastamaścābhibhūya sattvaṃ bhavati bhārata .
rajaḥ sattvaṃ tamaścaiva tamaḥ sattvaṃ rajastathā .. 14-10..
- C** sarvadvāreṣu dehe'sminprakāśa upajāyate .
jñānam yadā tadā vidyādvivṛddhaṃ sattvamityuta .. 14-11..
- D** lobhaḥ pravṛttirāraṃbhaḥ karmaṇāmaśamaḥ sprhā .
rajasyetāni jāyamte vivṛddhe bharatarṣabha .. 14-12..
- E** aprakāśo'pravṛttiśca pramādo moha eva ca .
tamasyetāni jāyamte vivṛddhe kurunaṃdana .. 14-13..



2. The Body

A ahaṃ vaiśvānaro bhūtvā prāṇināṃ dehamāśritaḥ .
prāṇāpānasamāyuktaḥ pacāmyannaṃ caturvidhaṃ .. 15-14.

āyuhṣattvabalārogyasukhaprītivivardhanāḥ .
rasyāḥ snigdhaḥ sthīrā hr̥dyā āhārāḥ sāttvikapriyāḥ .. 17-8..

kaṭvamlalavaṇātyuṣṇatīkṣṇarūkṣavidāhinaḥ .
āhārā rājasasyeṣṭā duḥkhaśokāmayapradāḥ .. 17-9..

yātayāmaṃ gatarasaṃ pūti paryuṣitaṃ ca yat .
ucchiṣṭamapi cāmedhyaṃ bhojanaṃ tāmasapriyaṃ .. 17-10.

B niyataṃ saṃgarahitamarāgadveṣataḥ kṛtaṃ .
aphalaprepsunā karma yattatsāttvikamucyate .. 18-23..

yattu kāmepsunā karma sāhaṃkāreṇa vā punaḥ .
kriyate bahulāyāsaṃ tadrājasamudāhṛtaṃ .. 18-24..

anubandhaṃ kṣayaṃ hiṃsāmanapekṣya ca pauraṣaṃ .
mohādārabhyate karma yattattāmasamucyate .. 18-25..

C nātyaśnatastu yogo'sti na caikāṃtamaśnataḥ .
na cātisvapnaśīlasya jāgratonaivacārjuna .. 6-16..

yuktāhāravihārasya yuktaceṣṭasya karmasu .
yuktasvapnāvabodhasya yogo bhavati duḥkhaḥ .. 6-17..



3. The mind

- A** yato yato niścarati manaścamalamasthiram .
tatastato niyamaitadātmanyeva vaśam nayet .. 6-26..
- praśāmtamanasaṃ hyenaṃyoginaṃ sukhamuttamaṃ .
upaiti śāṃtarajasam brahmabhūtamakalmaṣam .. 6-27..
- B** asaṃśayaṃ mahābāho mano durnigrahaṃ calaṃ .
abhyāseṇa tu kauṃteya vairāgyeṇa ca grhyate .. 6-35.
- asaṃyatātmanā yogo duṣprāpa iti me matiḥ .
vaśyātmanā tu yatatā śakyo'vāptumupāyataḥ .. 6-36.
- C** buddhyā viśuddhayā yukto dhṛtyātmānaṃ niyamyā ca .
śabdādīnviṣayāṃstyaktvā rāgadveṣau vyudasya ca .. 18-51..
- viviktasevī laghvāśī yatavākkāyamānasaḥ .
dhyānayogaparo nityaṃ vairāgyaṃ samupāśritaḥ .. 18-52..
- ahaṃkāraṃ balaṃ darpaṃ kāmaṃ krodhaṃ parigrahaṃ .
vimucya nirmamaḥ śāṃto brahmabhūyāya kalpate .. 18-53.
- D** svabhāvajena kauṃteya nibaddhaḥ svena karmaṇā .
kartuṃ necchasi yanmohātkariṣyasyavaśo'pi tat .. 18-60..
- manmanā bhava madbhakto madyājī māṃ namaskuru .
māmevaiśyasi satyaṃ te pratijāne priyo'si me .. 18-65..

4. Sense Objects



A baṁdhurātmātmanastasya yenātmaivātmanā jitaḥ .
anātmanastu śatrutve vartetātmaiva śatruvat .. 6-6..

bhūmirāpo'nalo vāyuh khaṁ mano buddhireva ca .
ahaṁkāra itīyaṁ me bhinnā prakṛtiraṣṭadhā .. 7-4..

B caturvidhā bhajaṁte māṁ janāḥ sukr̥tino'rjuna .
ārto jijñāsurarthārthī jñānī ca bharatarṣabha .. 7-16..

yatkaroṣi yadaśnāsi yajjuhoṣi dadāsi yat .
yattapasyasi kauṁṭeya tatkuṛuṣva madarpaṇaṁ .. 9-27..

C sattvaṁ rajastama iti guṇāḥ prakṛtiśambhavāḥ .
nibadhnāṁti mahābāho dehe dehinamavyayaṁ .. 14-5..

sattvaṁ sukhe saṁjayati rajaḥ karmaṇi bhārata .
jñānamāvṛtya tu tamaḥ pramāde saṁjayatyuta .. 14-9..

D tatra sattvaṁ nirmalatvātpakāśakamanāmayam .
sukhasaṁgena badhnāti jñānasam̐gena cānagha .. 14-6..

E rajo rāgātmakaṁ viddhi tṛṣṇāsaṁgasamudbhavaṁ .
tannibadhnāti kauṁṭeya karmasaṁgena dehinam .. 14-7..

F tamastvajñānajaṁ viddhi mohanaṁ sarvadehināṁ .
pramādālasyanidrābhīstannibadhnāti bhārata .. 14-8..

5. Sense Control



- A** prajahāti yadā kāmānsarvānpārtha manogatān .
ātmanyevātmanā tuṣṭaḥ sthitaprajñastadocyate .. 2-55..
- B** duḥkheṣvanudvignamanāḥ sukheṣu vigatasprṛhaḥ .
vītarāgabhayakrodhaḥ sthitadhīrmunirucyate .. 2-56..
- yaḥ sarvatrānabhisnehastattatprāpya śubhāśubhaṁ .
nābhinaṁdati na dveṣṭi tasya prajñā pratiṣṭhitā .. 2-57..
- C** yadā saṁharate cāyaṁ kūrmo'ṅgānīva sarvaśaḥ .
īṁdriyāṇīṁdriyārthebhyastasya prajñā pratiṣṭhitā .. 2-58..
- D** viṣayā vinivartante nirāhārasya dehinaḥ .
rasavarjaṁ raso'pyasya paraṁ dṛṣṭvā nivartate .. 2-59..
- yatato hyapi kauṁteya puruṣasya vipaścitāḥ .
īṁdriyāṇi pramāthīni haramṭi prasabhaṁ manaḥ .. 2-60..
- tāni sarvāṇi saṁyamya yukta āsīta matparaḥ .
vaśe hi yasyeṁdriyāṇi tasya prajñā pratiṣṭhitā .. 2-61..



6. Sense Gratification

- A** dhyāyato viṣayānpuṃsaḥ saṃgasteṣūpajāyate .
saṃgātsaṃjāyate kāmaḥ kāmātkrodho'bhijāyate .. 2-62..
- krodhādbhavati sammohaḥ sammohātsmṛtivibhramaḥ .
smṛtibhramśād buddhināśo buddhināśātpraṇaśyati .. 2-63..
- B** rāgadveṣaviyuktaistu viṣayāṇīṃdriyaiścaraṇaḥ .
ātmavaśyairvidheyātmā prasādamadhigacchati .. 2-64..
- C** prasāde sarvaduḥkhānāṃ hānirasyopajāyate .
prasannacetaso hyāśu buddhiḥ paryavatiṣṭhate .. 2-65..
- D** nāsti buddhirayuktasya na cāyuktasya bhāvanā .
na cābhāvayataḥ śāṃtiraśāṃtasya kutaḥ sukhaṃ .. 2-66..
- E** iṃdriyāṇāṃ hi caratāṃ yaṇmano'nuvidhīyate .
tadasya harati prajñāṃ vāyurnāvamivāṃbhasi .. 2-67..
- F** tasmādyasya mahābāho nigrhītāni sarvaśaḥ .
iṃdriyāṇīṃdriyārthebhyastasya prajñā pratiṣṭhitā .. 2-68..

GNANA (Sound Mind)

GNANA course highlights the principles of sound mind. It presents the Physical, Social, Occupational, Mental, Emotional and Spiritual dimensions of the eternal wisdom from Shrimad Bhagavad-Gita. First three dimensions describe the aspects of human endeavour in the material world. Next three dimensions describe the aspects of human evolution in the psychic world. In this course the participants shall learn the following. The three types of actions and the fruits of such actions. The four-fold social order on the basis of human character and action. The three types of people based on their actions and determination. Austerities of mind and the three types of minds. Factors of emotional equilibrium. The four forms of worship and three kinds of worshippers.

Lesson 7. Physical Wisdom: The physical body can engage, experience and enjoy the material nature under the influence of material energy. In this lesson we study the three dimensions of material nature and their influence on human body. We distinguish the actions and happiness occurring under the influence of different material energies.

Lesson 8. Social Wisdom: People engage in actions for livelihood and a large number of such people form a society. In this lesson we discuss the four-fold social order based on Guna (inherent nature) and Karma (fruitive action). We learn the importance of charity and distinguish the charities made under the influence of different material energies.

Lesson 9. Occupational Wisdom: Every occupation demands unique virtues and values. In this lesson we discuss the divine and demonic virtues of human beings. We will understand their influence on the human actions and outcomes. We distinguish the determination of people under the influence of the material energies.

Lesson 10. Mental Wisdom: Mind is the greatest tool when put to work in right direction. Knowledge and wisdom can elevate the human to the higher level. In this lesson we discuss the factors influencing the pursuit of knowledge and the essentials of intellectual progress. We explore the influence of the three modes of energy on mind.

Lesson 11. Emotional Wisdom: Emotions influence every endeavour of human being. In this lesson we understand the basis of human emotions and explore the factors affecting them. We distinguish the emotions under the influence of different material energies. We discuss the characteristics of the person with emotional balance.

Lesson 12. Spiritual Wisdom: The cycle of life and death is part of material world. Antaratma is the greatest guide to be followed by the material body. Spiritual wisdom is the heist of all wisdoms. In this lesson we discuss the essentials of spiritual enlightenment. We distinguish the austerities performed under the influence of different material energies.



7. Physical Wisdom

- A** | kāryakāraṇakartṛtve hetuḥ prakṛtirucyate .
puruṣaḥ sukhaduḥkhānām bhoktṛtve heturucyate .. 13-21..
- B** | devadvijaguruprājñapūjanam śaucamārjavam .
brahmacaryamahimsā ca śārīram tapa ucyate .. 17-14..
- C** | aphaḷākāṅkṣibhīryajño vidhidrṣṭo ya iyyate.
yaṣṭavyameveti manaḥ samādhāya sa sātṭvikaḥ..17.11..

abhisamdhāya tu phalaṁ dambhārthamapi caiva yat.
iyyate bhārataśreṣṭha taṁ yajñam viddhi rājasam..17.12..

vidhihīnamasṛṣṭānnaṁ mantrahīnamadakṣiṇam.
śraddhāvirahitaṁ yajñam tāmasaṁ paricakṣate..17.13..
- D** | yattadagre viṣamiva pariṇāme'mṛtopamam .
tatsukhaṁ sātṭvikaṁ prokṭamātmabuddhiprasādam .. 18-37..

viṣayendriyasamyogādyattadagre'mṛtopamam .
pariṇāme viṣamiva tatsukhaṁ rājasam smṛtam .. 18-38..

yadagre cānubandhe ca sukhaṁ mohanamātmanah .
nidrālasypamādotthaṁ tattāmasamudāhṛtam .. 18-39..

8. Social Wisdom



- A** cāturvarṇyaṃ mayā sṛṣṭaṃ guṇakarmavibhāgaśaḥ .
tasya kartāramapi māṃ viddhyakartāramavyayam .. 4-13..
- B** kāmyaṇāṃ karmaṇāṃ nyāsaṃ saṃnyāsaṃ kavayo viduḥ .
sarvakarmaphalatyāgaṃ prāhustyāgaṃ vicakṣaṇāḥ .. 18-2..
- C** dātavyamiti yaddānaṃ dīyate'nupakāriṇe .
deśe kāle ca pātre ca taddānaṃ sātṭvikam smṛtam .. 17-20..
- yattu pratyupakārārthaṃ phalamuddiśya vā punaḥ .
dīyate ca parikliṣṭaṃ taddānaṃ rājasam smṛtam .. 17-21..
- adeśakāle yaddānamapātrebhyaśca dīyate .
asatkṛtamavajñātaṃ tattāmasamudāhṛtam .. 17-22..
- D** brāhmaṇakṣatriyaviśāṃ śūdrāṇāṃ ca parantapa .
karmāṇi pravibhaktāni svabhāvaprabhavaiguṇaiḥ .. 18-41..
- śamo damastapaḥ śaucaṃ kṣāntirārjavameva ca .
jñānaṃ vijñānamāstikyaṃ brahmakarma svabhāvajam .. 18-42..
- śauryaṃ tejo dhṛtirdākṣyaṃ yuddhe cāpyapalāyanam .
dānamīśvarabhāvaśca kṣātraṃ karma svabhāvajam .. 18-43..
- kṛṣigaurakṣyavāṇijyaṃ vaiśyakarma svabhāvajam .
paricaryātmakaṃ karma śūdrasyāpi svabhāvajam .. 18-44..

9.Occupational Wisdom



- A** tejah kṣamā dhṛtiḥ śaucamadroho nātimānitā .
bhavanti sampadam daivīmabhijātasya bhārata .. 16-3..
- dambho darpo'bhimānaśca krodhaḥ pārūṣyameva ca .
ajñānam cābhijātasya pārtha sampadamāsurīm .. 16-4..
- B** muktasaṅgo'nahamvādī dhṛtyutsāhasamanvitaḥ .
siddhyasiddhyornirvikāraḥ kartā sāttvika ucyate .. 18-26..
- rāgī karmaphalaprepsurlubdho hiṃsātmako'śuciḥ .
harṣaśokānritaḥ kartā rājasah parikīrtitaḥ .. 18-27..
- ayuktaḥ prākṛtaḥ stabdhaḥ śaṭho naiṣkṛtiko'lasaḥ .
viśādī dīrghasūtrī ca kartā tāmasa ucyate .. 18-28..
- C** dhṛtyā yayā dhārayate manaḥprāṇendriyakriyāḥ .
yogenāvyabhicāriṇyā dhṛtiḥ sā pārtha sāttvikī .. 18-33..
- yayā tu dharmakāmārthāndhṛtyā dhārayate'rjuna .
prasaṅgena phalākāṅkṣī dhṛtiḥ sā pārtha rājasī .. 18-34..
- yayā svapnam bhayaṃ śokaṃ viśādam madameva ca .
na vimuñcati durmedhā dhṛtiḥ sā pārtha tāmasī .. 18-35..



10. mental Wisdom

- A** abhayaṃ sattvaśuddhirjñānayogavyavasthitiḥ .
dānaṃ damaśca yajñaśca svādhyāyastapa ājraṃ .. 16-1..
- ahiṃsā satyamakrodhastyāgaḥ śāntirapaiśunam .
dayā bhūteṣvaloluptvaṃ mārdaṃ hrīracāpalam .. 16-2..
- B** trividhaṃ narakasyedaṃ dvāraṃ nāśanamātmanaḥ .
kāmaḥ krodhastathā lobhastasmādetattrayaṃ tyajet .. 16-21..
- etaivimuktaḥ kaunteya tamodvāraistribhirnaraḥ .
ācaratyaātmanaḥ śreyastato yāti parāṃ gatim .. 16-22..
- C** anudvegakaraṃ vākyaṃ satyaṃ priyahitaṃ ca yat .
svādhyāyābhyasanaṃ caiva vānmayam tapa ucyate .. 17-15..
- D** manaḥ prasādaḥ saumyatvaṃ maunamātmavinigrahaḥ .
bhāvaśuddhirityetattapo mānasamucyate .. 17-16..
- E** pravṛttiṃ ca nivṛttiṃ ca kāryākārye bhayābhaye .
bandhaṃ mokṣaṃ ca yā vetti buddhiḥ sā pārtha sāttvikī .. 18-30..
- yayā dharmamadharmam ca kāryam cākāryameva ca .
ayathāvatprajānāti buddhiḥ sā pārtha rājasī .. 18-31..
- adharmam dharmamiti yā manyate tamasāvṛtā .
sarvārthānviparītāṃśca buddhiḥ sā pārtha tāmasī .. 18-32..



11. Emotional Wisdom

- A** vihāya kāmānyaḥ sarvānpumāmścarati niḥspṛhaḥ .
nirmamo nirahaṅkāraḥ sa śāntimadhighacchati .. 2-71..
- śaknotīhaiva yaḥ soḍhum prākṣarīravimokṣaṇāt .
kāmakrodhodbhavaṁ vegaṁ sa yuktaḥ sa sukhī naraḥ .. 5-23..
- B** karmaṇaḥ sukṛtasyāhuḥ sāttvikam nirmalam phalam .
rajasastu phalam duḥkhamajñānaṁ tasmaḥ phalam .. 14-16..
- C** sattvātsañjāyate jñānaṁ rajaso lobha eva ca .
pramādamohau tamaso bhavato'jñānameva ca .. 14-17..
- D** prakāśam ca pravṛttiṁ ca mohameva ca pāṇḍava .
na dveṣṭi sampravṛttāni na nivṛttāni kāṅkṣati .. 14-22..
- udāsīnavadāsīno guṇairyo na vicālyate .
guṇā vartanta ityevaṁ yo'vatiṣṭhati neṅgate.. 14-23..
- E** samaduḥkhasukhaḥ svasthaḥ samaloṣṭāśmakāñcanaḥ .
tulyapriyāpriyo dhīrastulyanindātmasaṁstutiḥ .. 14-24..
- mānāpamānayostulyastulyo mitrāripakṣayoḥ .
sarvārambhaparityāgī guṇātītaḥ sa ucyate .. 14-25..



12. Spiritual Wisdom

- A** jātasya hi dhruvo mṛtyurdhruvaṃ janma mṛtasya ca .
tasmādaparihārye'rthe na tvam śocitumarhasi .. 2-27..
- B** āpūryamāṇamacalapraṭiṣṭhaṃ samudramāpaḥ praviśanti yadvat .
tadvatkāmā yaṃ praviśanti sarve sa śāntimāpnoti na kāmakāmī .2-70
vidyāvinayasampanne brāhmaṇe gavi hastini .
śuni caiva śvapāke ca paṇḍitāḥ samadarśinaḥ .. 5-18..
- C** śreyo hi jñānamabhyāsājñānāddhyānaṃ viśiṣyate .
dhyānātkarmaphalatyāgastyāgācchāntiranantaram .. 12-12..
- D** samaḥ śatrau ca mitre ca tathā mātāpamānayoḥ .
śītoṣṇasukhaduḥkheṣu samaḥ saṅgavivarjitāḥ .. 12-18..
tulyanindāstutirmaunī santuṣṭo yena kenacit .
aniketāḥ sthīramatirbhaktimānme priyo naraḥ .. 12-19..
- E** śraddhayā parayā taptaṃ tapastattrividhaṃ naraiḥ .
aphalākāṅkṣibhīryuktaiḥ sāttvikaṃ paricakṣate .. 17-17..
satkāramānapūjārthaṃ tapo dambhena caiva yat .
kriyate tadiha proktaṃ rājasam calamadhruvam .. 17-18..
mūḍhagrāheṇātmano yatpīḍayā kriyate tapah .
parasyotsādanārthaṃ vā tattāmasamudāhṛtam .. 17-19..

YOGA (Pure Soul)

YOGA course highlights the principles of pure soul. The body is our material identity and the soul is our spiritual identity. Union of both is Yoga and there are four paths for Yoga namely Karma, Gnana, Dhyana and Bhakti. Karma yoga describes the path of action, Gnana yoga describes the path of knowledge, Dhyana yoga describes the path of meditation and Bhakti yoga describes the path of devotion in the pursuit of union of body and soul. In this course the participants shall learn the following. The doctrine of rebirth and reincarnation. The law of Karma and its five factors. The principle of Gnana and its components. The process of Dhyana and its essentials. The practice of Bhakti and its methods.

Lesson 13. Yoga Sukshma: Body is our material identity and Atma is our spiritual identity. Union of both is called Yoga. In this lesson we understand the Atma by exploring the secrets of life, death and rebirth. We understand the principal of reincarnation and the divine supremacy. We will learn the austerities of Yoga.

Lesson 14. Karma Yoga: Union of material body with eternal Atma through Karma (action) is called Karma Yoga. Sense objects pollute mind and contaminate actions resulting in sin. In this lesson we will learn the principles of action, renunciation and sacrifice. We distinguish between the actions performed under the influence of different material energies.

Lesson 15. Gnana Yoga: Union of material body with eternal Atma through Gnana (knowledge) is called Gnana Yoga. The path of Gnana Yoga involves the study of eternal wisdom available in scriptures such as Bhagavad-Gita, Brahmasutras, Upanishads etc. In this lesson we will understand the essential virtues and austerities for the pursuit of Gnana Yoga.

Lesson 16. Dhyana Yoga: Union of material body with eternal Atma through Dhyana (meditation) is called Dhyana Yoga. Unlike the other three paths of Yoga, it is pursued in seclusion. In this path the Yogi will turn his senses inwards to realise the Atma. In this lesson we will understand the essentials of Dhyana Yoga and learn the process of meditation.

Lesson 17. Bhakti Yoga: Union of material body with eternal Atma through Bhakti (devotion) is called Bhakti Yoga. This is believed to be the simplest of all other paths of self-realisation. In the path of Bhakti, the Yogi stays in constant connection with God. In this lesson we will understand the essentials of Bhakti and learn the process of devotion.



13: Yoga Sukshma

- A** na tvevāhaṃ jātu nāsaṃ na tvam neme janādhipāḥ .
na caiva na bhaviṣyāmaḥ sarve vayamataḥ param .. 2-12..
- nainaṃ chindanti śastrāṇi nainaṃ dahati pāvakaḥ .
na cainaṃ kledayantyāpo na śoṣayati mārutaḥ .. 2-23..
- B** dehino'sminyathā dehe kaumāraṃ yauvanaṃ jarā .
tathā dehāntaraprāptirdhīrastatra na muhyati .. 2-13..
- vāsāṃsi jīrṇāni yathā vihāya navāni grhṇāti nara'parāṇi .
tathā śarīrāṇi vihāya jīrṇānyanyāni saṃyāti navāni dehī .. 2-22..
- C** yadā yadā hi dharmasya glānirbhavati bhārata .
abhyutthānamadharmaḥ tadātmānam sṛjāmyaham .. 4-7..
- paritrāṇāya sādḥunāṃ vināśāya ca duṣkṛtām .
dharmasaṃsthāpanārthāya sambhavāmi yuge yuge .. 4-8..
- D** janma karma ca me divyamevaṃ yo vetti tattvataḥ .
tyaktvā dehaṃ punarjanma naiti māmetyo'rajuna .. 4-9..
- E** vītarāgabhayakrodhā manmayā māmupāśritāḥ .
bahavo jñānatapasā pūtā madbhāvamāgatāḥ .. 4-10..



14: Karma Yoga

- A** karmaṇyevādhikāraṣṭe mā phaleṣu kadācana .
mā karmaphalāheturbhūrmā te saṅgo'stvakarmaṇi .. 2-47..
- annādbhavanti bhūtāni parjanyaḍdannasambhavaḥ .
yajñādbhavati parjanya yajñāḥ karmasamudbhavaḥ .. 3-14..
- yadyadācarati śreṣṭhastattadevetaro janaḥ .
sa yatpramāṇaṁ kurute lokastadanuvartate .. 3-21..
- śreyānsvadharmaḥ vigaṇaḥ paradharmātsvanuṣṭhitāt .
svadharṁe nidhanaṁ śreyaḥ paradharmo bhayāvahaḥ .. 3-35..
- B** yasya sarve samārambhāḥ kāmasaṅkalpavarjitāḥ .
jñānāgnidagdhaḥ karmāṇaṁ tamāhuḥ paṇḍitaṁ budhāḥ .. 4-19..
- C** samṇyāsaḥ karmayogaśca niḥśreyasaḥ karāvubhau .
tayostu karmasamṇyāsātkarmayogo viśiṣyate .. 5-2..
- D** brahmaṇyādhāya karmāṇi saṅgaṁ tyaktvā karoti yaḥ .
lipyate na sa pāpēna padmapatramivāmbhasā .. 5-10..
- E** adhiṣṭhānaṁ tathā kartā karaṇaṁ ca pṛthagvidham .
vividhāśca pṛthakceṣṭā daivaṁ caivātra pañcamam .. 18-14..



15: Gnana Yoga

- A** dhūmenāvriyate vahniryathādarśo malena ca .
yatholbenāvṛto garbhastathā tenedamāvṛtam .. 3-38..
- B** brahmārpaṇaṃ brahma havirbrahmāgnau brahmaṇā hutam .
brahmaiva tena gantavyaṃ brahmakarmasamādhinā .. 4-24..
- C** śraddhāvāṃlābhate jñānaṃ tatparaḥ saṃyatendriyaḥ .
jñānaṃ labdhvā parāṃ śāntimacireṇādhighacchati .. 4-39..
- jñānena tu tadajñānaṃ yeṣāṃ nāśitamātmanaḥ .
teṣāmādityavajjñānaṃ prakāśayati tatparam .. 5-16..
- D** manuṣyāṇāṃ sahasreṣu kaścidyatati siddhaye .
yatatāmapī siddhānāṃ kaścinnmāṃ vetti tattvataḥ .. 7-3..
- bahūnāṃ janmanāmante jñānavānmāṃ prapadyate .
vāsudevaḥ sarvamiṭṭha sa mahātmā sudurlabhaḥ .. 7-19..
- E** yaḥ śāstravidhimutsrjya vartate kāmakārataḥ .
na sa siddhimavāpnoti na sukhaṃ na parāṃ gatim .. 16-23..
- F** jñānaṃ jñeyam parijñātā trividhā karmacodanā .
karaṇaṃ karma karteti trividhaḥ karmasaṅgrahaḥ .. 18-18..



16: Dhyana Yoga

- A** yogī yuñjīta satatamātmānaṃ rahasi sthitaḥ .
ekākī yatacittātmā nirāśīraparigrahaḥ .. 6-10..
- śucau deśe pratiṣṭhāpya sthiramāsanamātmanaḥ .
nātyucchritaṃ nātinīcaṃ cailājīnakuśottaram .. 6-11..
- tatraikāgraṃ manaḥ kṛtvā yatacittendriyakriyaḥ .
upaviśyāsane yuñjyādyogamātmaviśuddhaye .. 6-12..
- B** samaṃ kāyaśirogrīvaṃ dhārayannacalaṃ sthiraḥ .
sampsrekṣya nāsikāgraṃ svaṃ diśaścānavalokayan .. 6-13..
- praśāntātmā vigatabhīrbrahmacārivrate sthitaḥ .
manaḥ saṃyamyā maccitto yukta āsīta matparaḥ .. 6-14..
- yuñjannevaṃ sadātmānaṃ yogī niyatamānasah .
śāntiṃ nirvāṇaparamāṃ matsaṃsthāmādhigacchati .. 6-15..
- C** yathā dīpo nivāstho neṅgate sopamā smṛtā .
yogino yatacittasya yuñjato yogamātmanaḥ .. 6-19..
- D** sarvabhūtaṣṭhamātmānaṃ sarvabhūtāni cātmani .
īkṣate yogayuktātmā sarvatra samadarśanaḥ .. 6-29..



17: Bhakti Yoga

- A** ye yathā māṃ prapadyante tāmstathaiva bhajāmyaham .
mama vartmānuvartante manuṣyāḥ pārtha sarvaśaḥ .. 4-11..
- B** ananyāścintayanto māṃ ye janāḥ paryupāsate .
teṣāṃ nityābhiyuktānāṃ yogakṣemaṃ vahāmyaham .. 9-22..
patraṃ puṣpaṃ phalaṃ toyaṃ yo me bhaktyā prayacchati .
tadahaṃ bhaktyupahṛtamaśnāmi prayatātmanaḥ .. 9-26..
- C** manmanā bhava madbhakto madyājī māṃ namaskuru.
māmevaiśyasi yuktvaivamātmānaṃ matparāyaṇaḥ .. 9-34..
maccittā madgataprāṇā bodhayantaḥ parasparam .
kathayantaśca māṃ nityaṃ tuṣyanti ca ramanti ca .. 10-9..
- D** anapekṣaḥ śucirdakṣa udāsīno gatavyathaḥ.
sarvārambhaparityāgī yo madbhaktaḥ sa me priyaḥ .. 12-16..
- E** īśvaraḥ sarvabhūtānāṃ hr̥ddeśe'rjuna tiṣṭhati .
bhrāmayansarvabhūtāni yantrārūḍhāni māyayā .. 18-61..
- F** sarvadharmānparityajya māmekam śaraṇaṃ vraja .
ahaṃ tvā sarvapāpebhyo mokṣayiṣyāmi mā śucaḥ .. 18-66..

JEEVA (Optimal Life)

JEEVA course highlights 12 topics of yoga for optimal life under 4 lessons. Each topic covers a collection of 8 sutras of Maharshi Patanjali. Each lesson consists of 3 topics from each Pada of the Patanjali Yoga-sutras. The earlier 3 courses are based on Bhagavad-Gita which is also called as the Yoga-shastra. While the earlier 3 courses highlight the principles of sound body, sound mind and pure soul, this course highlights techniques of yoga for optimal life. Collectively these 4 courses cover the principles and techniques of Yoga from the Yoga-shastra and the Yoga-sutras respectively. In effect students will have a broad understanding of complete Yoga in other words the 'PoornaYoga'.

Lesson 18. Samadhi Pada: This lesson covers 3 topics of yoga based on the sutras from the Samadhi pada of Patanjali Yoga-sutras. The first topic is the 'Chittavritti Nirodha' which presents the fivefold distractions of conscious and their remedy. The second topic is the 'Ishwara Pranidhana' which means to surrender oneself in devotion of the Ishwara. The third topic is 'Chitta Santhi' which highlights the methods of calming down the conscious.

Lesson 19. Sadhana Pada: This lesson covers 3 topics of yoga based on the sutras from the Sadhana pada of Patanjali Yoga-sutras. The fourth topic is 'Kriya Yoga' which highlights the three components of Kriya-Yoga. The fifth topic is 'Bahiranga Yoga' which presents the limbs of Yoga that are physical in nature. The sixth topic is 'Pratipaksha Bhavana' which presents the mechanism of using the opposite reaction to neutralise distortions.

Lesson 20. Vibhuti Pada: This lesson covers 3 topics of yoga based on the sutras from the Vibhuti pada of Patanjali Yoga-sutras. The seventh topic is 'Antaranga Yoga' which presents the limbs of Yoga that are psychic in nature. The eighth topic is 'Samyama' which highlight the power of Yoga in attaining transcendental wisdom. The ninth topic is 'Satva Purusha' which differentiates between the Satva and Purusha.

Lesson 21. Kaivalya Pada: This lesson covers 3 topics of yoga based on the sutras from the Kaivalya pada of Patanjali Yoga-sutras. The tenth topic is 'Smriti Samskara' which differentiates between Smriti and Samskara. The eleventh topic is 'Chitta Bedha' which explains how different Chittas result in different perceptions of same reality. The twelfth topic is 'Chitta Shakti' which explains the power of conscious and its culmination in soul upon attaining Kaivalyam.

Lesson 22. Green Jeevan: Life in line with nature is Green Jeevan. This lesson is an approach to practically explore the ways and means for leading a balanced life. It involves experimenting with food, exercise and yoga using the principles of sound body, sound mind, pure soul and techniques of optimal life based on the DEHA, GNANA, YOGA and JEEVA courses of the PoornaYoga Program.



18. Samadhi Pada

Topic 1: Chittavritti Nirodha

- A**
- 1-2. yogashchitta vri'tti nirodhah'
 - 1-6. pramaana viparyaya vikalpa nidraa smri'tayah'
 - 1-7. pratyakshaanumaanaa'gamaah' pramaanaani
 - 1-8. viparyayo mithyaajnyaanamataadroopapratisht'ham.
 - 1-9. shabdajnyaanaanupaatee vastushoonyah' vikalpah'
 - 1-10. abhaava pratyayaa'lambanaa vri'ttinidraa.
 - 1-11. anubhootavishayaa'sampramoshah' smri'tih'
 - 1-12. abhyaasavairaagyaabhyaam tannirodhah'

Topic 2: Eswara Pranidhana

- B**
- 1-23. eeshvara pranidhaanaadvaa
 - 1-24. kleshakarmavipaakaa'shaayairaparaamri'sht'a
purushavishesheeshvarah'
 - 1-25. tatra niratishayam sarvajnya beejam
 - 1-26. poorveshaamapi guruh' kaalenaanavachchhedaat
 - 1-27. tasya vaachakah' pranavah'
 - 1-28. tajjapastadarthabhaavanam.
- C**
- 1-29. tatah' pratyakchetanaadhigamo'pyantaraaayaabhaavashcha
 - 1-30. vyaadhi styaana samshaya pramaadaalasyaavirati
bhraantidarshanaalabdhabhoomikatvaanavasthitvaani
chittavikshepaastentaraayaah'

Topic 3: Chitta Shanti

- D** 1-33. maitree karunaa muditopekshaanaam sukhaduh'kha
punyaapunya
vishayaanaam bhaavanaatah' chittaprasaadanam.
1-34. prachchhardana vidhaaranaabhyaam vaa praanasya
1-35. vishayavatee vaa pravri'ttirutpannaa manasah'
sthitinibandhinee
1-36. vishokaa vaa jyotishmatee
1-37. veetaraaga vishayam vaa chittam
1-38. svapna nidraa jnyaanaa'lambanam vaa
1-39. yathaa'bhimata dhyaanaadvaa
1-40. paramaanu parama mahatvaanta'sya vasheekaarah'

19. Sadhana Pada



Topic 4: Kriya Yoga

- A** 2-1. tapassvaadhyaayeshvarapranidhaanaani kriyaayogah'
2-3. avidyaa'smitaaraagadveshaabhiniveshaah' panchakleshaah'
2-4. avidyaakshetramuttareshaam
prasuptatanuvichchinnodaaraanaam
2-5. anityaashuchi duh'khaanaatmasu nityashuchee sukhaa'tma
khyaatiravidyaa
2-6. dri'gdarshanashaktyorekaatmatevaasmitaa
2-7. sukhaanushayee raagah'
2-8. duh'khaanushayee dveshah'
2-9. svarasavaahee vidusho'pi tathaa'rood'ho'bhiniveshah'

Topic 5: Bahiranga Yoga

- B** 2-28. yogaangaanusht'haanaadashuddhikshaye
jnyaanadeeptiravivekakhyaateh'
- 2-29. yama niyamaa'sana praanaayaama pratyaaahaara dhaarana
dhyana samaadhayo'sht'aavangaani
- 2-30. ahimsaa satyamasteya brahmacharyaaparigrahaa yamaah'
- 2-32. shaucha santosha tapah' svaadhyaayeshvarapranidhaanaani
niyamaah'
- 2-46. sthirasukhaamaasanam
- 2-49. tasmin sati shvaasaprashvaasayorgativichchedah'
praanaayaamah'
- 2-54. svavishayaasamprayoge chittasya svaroopaanukaara
yivendriyaanaam pratyaaahaarah'
- 2-55. tatah' paramaa vashyatendriyaanaam

Topic 6: Pratipaksha Bhavana

- C** 2-33. vitarkabaadhane pratipaksha bhaavanam
- 2-34. vitarkaa himsaadayah' kri'takaaritaanumoditaa lobha krodha
mohapoorvakaa
mri'dumadhyaadhimaatraaduh'khaajnyaanaanantaphalaa yiti
pratipakshabhaavanam.
- D** 2-35. ahimsaa pratisht'haayaam tatsannidhau vairatyaagah'
- 2-36. satyapratisht'haayaam kriyaaphalaashrayatvam
- 2-37. asteyapratisht'haayaam sarvaratnopasthaanam.
- 2-38. brahmacharyapratisht'haayaam veeryalaabhah'
- 2-39. aparigrahashthairye janmakathantaasambodhah'
- 2-40. shauchaatsvaanga jugupsaa parairasamsargah'



20. Vibhuti Pada

20. Vibhuti Pada

Topic 7: Antaranga Yoga

- A** 3-1. deshabandhashchittasya dhaaranaa
 3-2. tatra pratyayaikataanataa dhyaanam
 3-3. tadevaarthamaatraanirbhaasam svaroopashoonyamiva samaadhih'
 3-4. trayamekatra samyamah'
 3-5. tajjayaat prajnyaa"loka'
 3-6. tasya bhoomishu viniyogah'
- B** 3-7. trayamantarangam poorvebhyah'
 3-8. tadapi bahirangam nirbeejasya

Topic 8: Samyama

- C** 3-26. pravri'ttyaalokanyaasaatsookshnavyavahitaviprakri'sht'a jnyaanam
 3-27. bhuvanajnyaanam soorye samyamaat.
 3-28. chandre taaraavyoohajnyaanam.
 3-29. dhri've tadgatajnyaanam.
 3-30. naabhichakre kaayavyoohajnyaanam.
 3-31. kant'hakoope kshutpipaasaanivri'ttih'.
 3-32. koormanaad'yaam sthairyam.
 3-33. moordhajyotishi siddhadarshanam.

Topic 9: Satva Purusha

- D** 3-36. sattvapurushayoratyantaasankeernayoh' pratyaya avisheshaat
bhogah' paraarthatvaat svaarthasamyamaatpurushajnyaanam
3-50. sattvapurushaanyataakhyaatimaatrasya
sarvabhaavaadhisht'haatri'tvam sarvajnyaatri'tvam cha
3-51. tadvairaagyaadapi doshabeejakshaye kaivalyam
3-52. sthaanyupanimantrane sangasmayaakaranam
punaranisht'aprasangaat
3-53. kshanatatkramayoh' samyamaadvivekajam jnyaanam
3-54. jaatilakshanadeshairanyataanaavachchhedaattulyayostatah'
pratipattih'
3-55. taarakam sarvavishayam sarvathaa vishayamakramam cheti
vivekajam jnyaanam.
3-56. satvapurushayoshshudhdhi saamyee kaivalyam.

21. Kaivalya Pada



Topic 10: Smriti Samskara

- A** 4-4. nirmaanachittaanyasmitaamaatraat.
4-5. pravri'ttibhede prayojakam chittamekamanekeshaam.
4-6. tatra dhyaanajamanaashayam.
4-7. karmaashuklaakri'shnam yoginastrividhamitareshaam
4-8. tatastadvipaakaanugunaanaamevaa'bhivvyaktarvaasanaanaam
4-9. jaatideshakaalavyavahitaanaamapyaanantaryyam smri'ti
samskaarayorekaroopatvaat
4-10. taasaamanaaditvam chaashisho nityatvaat.
4-11. hetuphalaashrayaalambanaih'
sangri'heetatvaadeshaamabhaave tadabhaavah'

Topic 11: Chitta bedha

- B** 4-15. vastusaamye chittabhedaattayorvibhakta panthaah'
 4-16. na chaikachittatantram vastu tadaprameekam tadaa kim
 syaat?
 4-17. taduparaagaapekshitvaachchittasya vastu jnyaataajnyaatam.
 4-18. sadaa jnyaataashchittavri'ttayastat prabhoh'
 purushasyaaparinaamitvaat.
 4-19. natatsvaabhaasam dri'shyatvaat.
 20. ekasamaye chobhaya'navadhaaranam
 4-21. chittaantaradri'shye buddhibudhdheratiprasangah'
 smri'tisankarashcha.
 4-22. chitterapratiskramayaastadaakaaraapattau
 svabuddhisamvedanam.

Topic 12: Chitta shakti

- C** 4-24. tadasankhyeyavaasanaabhishchitramapi paraartham
 samhatyakaaritvaat.
 4-25. visheshadarshina aatmabhaavabhaavanaavinivri'ttih'
 4-26. tadaa vivekanimnam kaivalyapraagbhaaram chittam
 4-27. tachchhidreshu pratyayaantaraani samskaarebhyah'
 4-28. haanameshaam kleshavaduktam.
 4-29. prasankhyaane'pyakuseedasya sarvathaa
 vivekakhyaaterdharmameghassamaadhih'
 4-30. tatah' kleshakarmanivri'ttih'
 4-34. purushaarthashoonyaanaam gunaanaam pratiprasavah'
 kaivalyam svaroopapratish'thaa vaa chittashaktiriti.

How to use the QR codes inside textbooks and workbooks?

PoornaYoga textbooks and workbooks have unique QR codes on every page. Each QR code is linked with E-Learning video of that specific page. Students can scan the QR code using a smart phone or a tablet to access the E-Learning videos anytime and any number of times. Subtitles can be viewed in multiple languages by adjusting the YouTube settings. Students shall receive the course completion certificate from Gita Vidya Peetam by completing the following five tasks using the PoornaYoga workbook;



1. Fill colours to the graphics and describe them.
2. Copywrite verses and their meaning from the textbook.
3. Scan QR codes inside the workbook to access the E-Class videos for detailed understanding of the versus.
4. Team up with colleagues or parents and complete the project work at the end of each lesson.
5. Submit the project report to the GitaVidya BODHAK.

How to sponsor the PoornaYoga program to the next generation?

The tradition of transferring the knowledge of PoornaYoga from one generation to the next has been in practice for millennia. You can help us continue this tradition by sponsoring the PoornaYoga program to the next generation around the world.

The knowledge of PoornaYoga is published by CourseLink in the form of transliteration textbooks in multiple languages with quadra verse English translation and integrated E-Class videos. The cost per student for providing these textbooks together with a supporting website and online training for their teacher is INR 100/-. Individuals, corporates and organisations from around the world can sponsor these textbooks in multiples of 100 by directly paying to the publisher's back account given below. The transaction ID along with the name and address of the sponsor should be communicated to CourseLink by email or WhatsApp to obtain a digital receipt along with the 'PoornaYoga Sponsor' certificate.

CourseLink
GitaVidya Bhavan
8/1, 2nd B Cross Road,
Jai Hanuman Layout,
Kodigehalli,
Bangalore

Account Name: CourseLink
Bank Name: HDFC Bank
IFSC Code: HDFC0006260
A/c number: 50200105096553
Email: CourseLink.in@gmail.com
WhatsApp: +91 8792430562

UPI Scan & Pay



**The Body, Mind and Soul are inseparable yet not cohesive in life.
Principles and techniques of uniting them are called PoornaYoga.**

- Gopi Venkateswara Prasad

The PoornaYoga Program has four courses namely DEHA, GNANA, YOGA and JEEVA. All four courses are available in a single textbook. Each course has a separate workbook. PoornaYoga textbook and workbook are essential to participate and complete the program. The textbook provides an introduction to the theory and access to the E-Class videos. Workbooks enhance the understanding and examine the progress of the student through practical tasks and project work. After fulfilling the workbook tasks and project work students shall receive the PoornaYoga course completion certificate from the Gita Vidya Peetam.

About the Author:

"Poorna Yoga Program" is designed and developed by Shri Gopi Venkateswara Prasad, to offer a broad understanding of Yoga, through graphic interpretation of 140 Gita-shlokas and 96 Yoga-sutras under 22 thematic lessons. Each lesson is structured with three components of learning namely Sadhana, Sodhana and Vaadana, to enable students understand, explore and apply the wisdom of Yoga in daily life. Gopi studied Yoga in its various forms since his childhood. His lifelong interest in Yoga Shastra led to the foundation of PoornaYoga Program in India, Europe and America. His experience in the field of Education has led to the creation of the G-Education model, which is applied in the development and dissemination of structured learning programs such as this one. Gopi has an 'MBA in Global Management' from Germany and a 'Diploma in Physical Education' from India. His interests include poetry, singing and spiritual art.



This booklet is not for sale. Copyright CourseLink ©

DEHA
SOUND BODY

Gita Vidya

Principles of sound body in
Bhagavad-Gita

Gopi Venkateswara Prasad

GNANA
SOUND MIND

Gita Vidya

Principles of sound mind in
Bhagavad-Gita

Gopi Venkateswara Prasad

YOGA
PURE SOUL

Gita Vidya

Principles of pure soul in
Bhagavad-Gita

Gopi Venkateswara Prasad

JEEVA
OPTIMAL LIFE

Yoga Sutra

Techniques of optimal life in
Patanjali-Yoga

Gopi Venkateswara Prasad