

Bhavas and Yoga Integration of Spiritual and Ethical Values

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Abstract: *Often yoga is equated with the physical practices such as asanas, pranayamas and kriyas, but here in my research we would be revisiting the idea of yoga and presents in all-inclusive role where the person is considered in totality. This research rather information brings forth the joy, freshness and wholesomeness of yoga, and repositions of the traditional techniques of yoga in a new and unique dimension. This would be helpful for both beginners and advanced yoga practitioners. This also talks about the integration of ethical and spiritual values within the physical practices of yoga.*

This research has 5 Sections that includes Abstract, Introduction, Details, Conclusion and Reference.

Today yoga has become vast its developing and the reach is outstanding bringing the culture and study back not only the asanas but the aligning of mind, body and soul plays a major part in one's life.

How Samkhya Philosophy and Samkhya Karikas play a very important role in developing Bhava. This research will give you a brief knowledge of 4 Desirable Bhavas.

This research is an enriching journey of wellness of the body, mind and spirit.

Keywords: yoga.