

The whole of yoga

The yoga of knowledge - **Jnana Yoga**
The yoga of action - **Karma Yoga**
The yoga of compassion - **Bhakti Yoga**
The royal union - **Raja Yoga**

Astanga Yoga- Eight limbs of Yoga
The first four compose Hatha Yoga
The next four compose Raja Yoga

Bahiranga Sadhana

(External Journey)

Yama – Morals codes
Niyama - Ethical practices
Asana – Seat or posture

Antaranga Sadhana

(Internal Journey)

Pranayama (Life force manipulation)
Pratyahara (Withdrawal of senses)

Antaratma Sadhana

(Inner Soul's Journey)

Dharana (Concentration of awareness)
Dhyana (Meditation on the Divine)
Samadhi (In the light of the Divine)