

Topic: Yoga: A confluence of Knowledge and Experience

Sub-topics:

1. Yoga: a destination of traditional practices
2. A Journey of Yoga into the Heart of Traditional Practices
3. Traditional practices leads to culmination of Yoga
4. The philosophy of Yoga and its spiritual roots.
5. Different branches of Yoga: Hatha, Bhakti, Karma, and Jnana
6. The role of meditation and Pranayama in Yoga practice.
7. Benefits of Yoga for mental, physical, and emotional well-being.
8. Practice of Yoga in Dance
9. Impact of Yoga in Music

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Bhatkhande Sanskriti Vishwavidyalaya, Lucknow

Organises

An International Webinar

YOGA

A confluence of Knowledge and Experience

Date: 17th & 18th June, 2025



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Session-I : 09:30 - 11:30 AM (IST)

Session-II : 12:00 - 02:00 PM (IST)

Platform - ZOOM

Key Note

Yoga: The Fusion of Wisdom and Practice

Originating from ancient India, Yoga represents a harmonious blend of profound philosophical insights and transformative personal practices. This integration of Indian knowledge and experience serves as the foundation of Yoga, guiding practitioners toward holistic well-being and self-realization.

Knowledge: The Philosophical Foundation of Yoga

At the core of Yoga lies a rich tapestry of philosophical teachings that offer a road map for understanding the self and the universe. Central to this is the dualistic framework of pure consciousness and material nature, as articulated in the *Yogasutras* of Patanjali. This distinction encourages practitioners to recognize their true nature beyond the physical and mental realms.

The *Yogatattva Upanishad* emphasizes the symbiotic relationship between knowledge and Yoga, asserting that both are essential for realizing the Param Satya (supreme truth) and Mukti (attaining liberation). This text defines Jnana (wisdom) as that which enables one to recognize the true nature of Moksha (Salvation) as the supreme seat and characterized by truth-consciousness-bliss.

Experience: The Transformative Practice of Yoga

While knowledge provides the theoretical framework, experience brings these teachings to life. Through practices like *Asanas* (physical postures), *Pranayama* (breath control), and *Dhyana* (meditation), individuals cultivate mindfulness and self-awareness. Such experiential practices lead to a deeper connection with the present moment and foster inner peace.

The *Yogasutras* outline a path of eight limbs, guiding practitioners from ethical conduct to meditative absorption, culminating in a state of profound union and insight.

Yoga: Harmony of Knowledge and Experience

The interplay between knowledge and experience in Yoga is not merely theoretical but practical and transformative. For instance, the integration of Yoga philosophy into contemporary practices demonstrates how ancient wisdom can enhance modern experiences, leading to a more profound and holistic practice.

This synergy enables practitioners to transcend mere physical exercise, embarking on a journey of self-discovery and spiritual awakening.

Conclusion

True Yogic essence lies in the harmonious blend of knowledge and experience. By embracing both, practitioners embark on a transformative journey that leads to self-realization, inner peace, and a deeper understanding of the universe.

For those seeking to delve deeper into the philosophical aspects of Yoga, exploring texts like the *Yogasutras* of Patanjali and the *Yogatattva Upanishad* can provide invaluable insights into this ancient practice.