

*All Age Yoga Training with World Association of Yoga Science Through Yogi Daniel*

*Yoga is for everyone — whether you are 12 or 90, a beginner or advanced practitioner. At World Association of Yoga Science, we believe age is not a barrier but a pathway to greater balance, strength, and inner peace.*

***Why Choose All-Age Yoga Training?***

*For Youth (12–20): Build focus, reduce stress, and develop lifelong healthy habits.*

*For Adults (21–60): Enhance flexibility, strength, and mental clarity while managing daily stress.*

*For Seniors (60+): Improve mobility, balance, breathing, and overall vitality with gentle, therapeutic yoga.*

***What Makes Us Different?***

*Over 35 years of authentic yoga mastery from Yogi Daniel, Certified Yoga Therapist & Meditation Master.*

*A unique blend of yoga, breathing, and meditation techniques designed for every stage of life.*

*Safe, supportive, and personalized instruction tailored to your age and ability.*

*Whether you want to energize your body, calm your mind, or heal through therapeutic yoga, our all-age programs are designed to empower you at every step of life's journey.*

***All-Age Yoga Slogans***

1. “Yoga for Every Generation.”
2. “From Teen to Senior — Wellness for All.”
3. “Strength, Balance & Peace at Any Age.”
4. “Timeless Yoga for a Lifetime of Health.”
5. “Breathe. Stretch. Grow. At Every Age.”
6. “Ageless Energy, Limitless Peace.”
7. “Yoga: Where Youthful Energy Meets Lasting Wisdom.”
8. “One Practice, Many Ages, Infinite Benefits.”
9. “Healing, Empowering, Transforming — For Everyone.”
10. “Yoga Without Limits — Because Wellness Has No Age.”

*Join us at [www.yogidaniel.com](http://www.yogidaniel.com) and begin your transformation today.*

*E-mail: [ceo.ibc@gmail.com](mailto:ceo.ibc@gmail.com)*

*Call/Text: +1-310-905-083*

## ***Philosophy of Yoga Science: A Scholarly Perspective***

*The philosophy of Yoga Science is situated at the confluence of metaphysics, epistemology, psychology, and applied physiology. Rooted in the classical Darśanas of Indian philosophy, particularly Sāṅkhya and Yoga, it offers a systematic methodology for the realization of ultimate freedom (mokṣa or kaivalya).*

### ***Ontology (Nature of Reality):***

*Yoga Science rests on the distinction between Puruṣa (pure consciousness) and Prakṛti (material nature). According to Patañjali's Yoga Sūtras (2nd c. BCE), suffering originates from the false identification of consciousness with the modifications of mind (citta-vṛtti). Liberation requires disentangling Puruṣa from Prakṛti, culminating in the realization of pure awareness (draṣṭuḥ svarūpe'vasthānam – Yoga Sūtra I.3).*

### ***Epistemology (Ways of Knowing)***

*Yoga accepts three primary pramāṇas (means of valid knowledge): perception (pratyakṣa), inference (anumāna), and scriptural testimony (āgama). However, beyond intellectual cognition, the epistemic climax of Yoga is direct experiential knowledge through samādhi, which transcends discursive thought and yields aparokṣa-jñāna (immediate realization).*

### ***Ethics and Practice:***

*The Aṣṭāṅga Yoga (Eight Limbs of Yoga) provides a graded ethical and spiritual discipline:*

1. *Yama (restraints: ahimsā, satya, asteya, brahmacarya, aparigraha)*
2. *Niyama (observances: śauca, santoṣa, tapas, svādhyāya, īśvara-praṇidhāna)*
3. *Āsana (posture)*
4. *Prāṇāyāma (breath regulation)*
5. *Pratyāhāra (withdrawal of senses)*
6. *Dhāraṇā (concentration)*
7. *Dhyāna (meditation)*
8. *Samādhi (absorption, culminating in liberation).*

### ***Teleology (Ultimate Goal)***

*The culmination of Yoga Science is kaivalya—the absolute freedom of consciousness, transcending the dualities of pleasure and pain, birth and death. In Advaita Vedānta traditions, this is expressed as the realization of the non-dual ātman-brahman identity; in Sāṅkhya-Yoga it is the isolation of pure consciousness from the mutable field of nature.*

### ***Modern Relevance:***

*Contemporary Yoga Science bridges ancient philosophy with neuroscience, psychology, and integrative medicine. Practices such as mindfulness, breath regulation, and postural*

*alignment are empirically validated to reduce stress, enhance neuroplasticity, and promote resilience. Thus, Yoga operates simultaneously as a spiritual philosophy of liberation and a scientific system of holistic health.*

## **2. Public / Student-Friendly Style**

### ***The Philosophy of Yoga Science: Path of Balance and Freedom***

*Yoga is much more than stretching or exercise—it is a science of life that teaches us how to live in harmony with ourselves and the universe. The word Yoga means “union.” It is about uniting body, mind, and spirit, so we can live with balance, strength, and peace.*

### ***What is Yoga Really About?***

*Yoga teaches us that deep inside, we are pure awareness—calm, joyful, and free.*

*Our stress, worries, and problems come when we forget this inner truth and get lost in the busyness of life.*

*Through practice, we return to our natural state of clarity and peace.*

### ***The Eight Steps of Yoga:***

- 1. Be kind and truthful (Yama).**
- 2. Live with self-discipline and contentment (Niyama).**
- 3. Keep the body healthy and steady with postures (Āsana).**
- 4. Balance energy and emotions through breathing (Prāṇāyāma).**
- 5. Calm the senses, turning inward (Pratyāhāra).**
- 6. Focus the mind with concentration (Dhāraṇā).**
- 7. Meditate to find inner stillness (Dhyāna).**
- 8. Experience complete peace and freedom (Samādhi).**

### ***The Goal of Yoga:***

*The highest purpose of yoga is freedom from suffering and discovery of our true nature—peace, love, and joy that never depends on outside conditions.*

### ***Why It Matters Today:***

*Modern science is discovering what yogis knew thousands of years ago: yoga reduces stress, improves focus, strengthens the body, and heals the mind. But even more, yoga gives us a path to live a meaningful, compassionate, and awakened life.*



# The Philosophy of Yoga Science

Path of Balance • Strength • Freedom



## What Yoga Teaches

- Deep within, we are pure awareness—calm, joyful, and free.
- Stress and suffering come when we forget this truth.
- Through Yoga, we rediscover our natural state of peace.

## The Eight Steps of Yoga

1. Kindness & Truth (Yama)
2. Self-Discipline & Contentment
3. Healthy Posture (Āsana)
4. Breath & Energy Balance (Prānāyāma)
5. Focus the Mind (Dhāranā)
6. Focus the Mind (Dhāranā)
7. Meditation (Dhyāna)
8. Inner Freedom (Samādhi)

## Why It Matters Today

- Reduces stress & anxiety
- Strengthens body & mind
- Increases focus & energy
- Awakens inner peace compass

## The Goal of Yoga

Yoga's highest purpose is freedom from suffering and the discovery of our true self—a life of peace, love, and joy.

