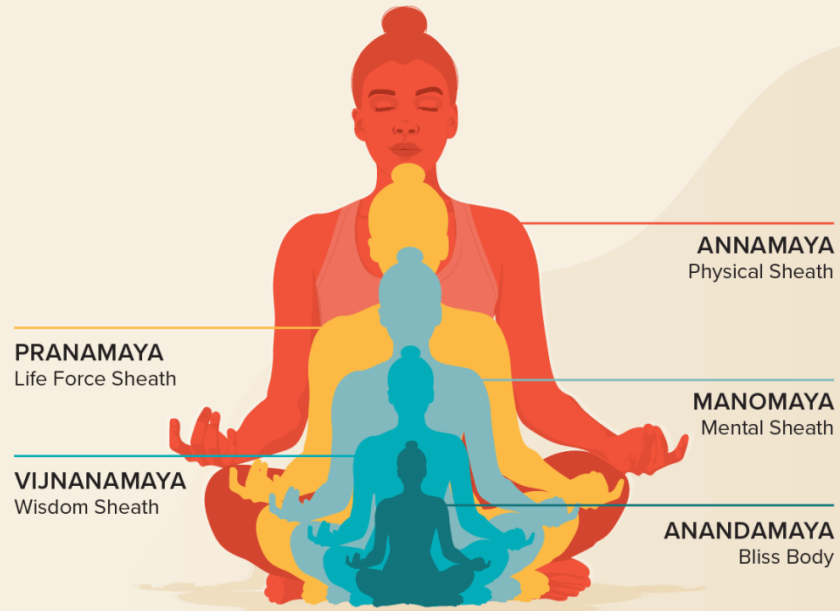


OUR BODY

-
container
of practice

THE 5 KOSHAS



annamaya

food
elements

*asana, ahara (ayurvedic nutrition),
management of doshas (biological
humors)*

pranamaya

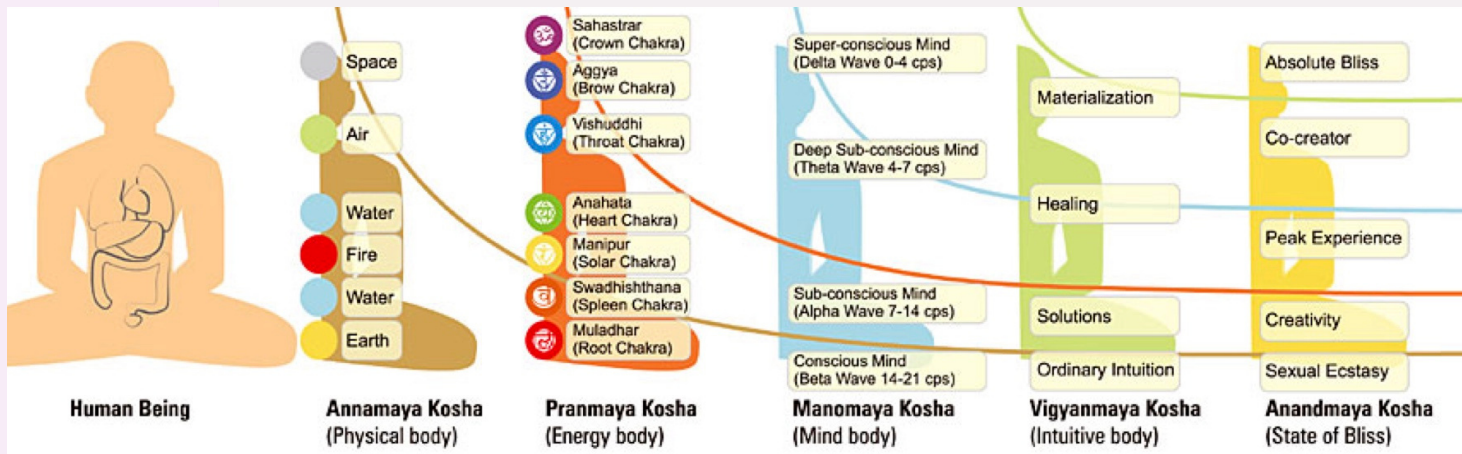
breath
energy

*pranayama, ahara (ayurvedic
nutrition), management of
mahagunas (mental doshas)*

manomaya

mind

*meditation: observing and
restraining the vrittis*



Yogic anatomy of human being resembles a nesting doll: 5 bodies embedded within each other.

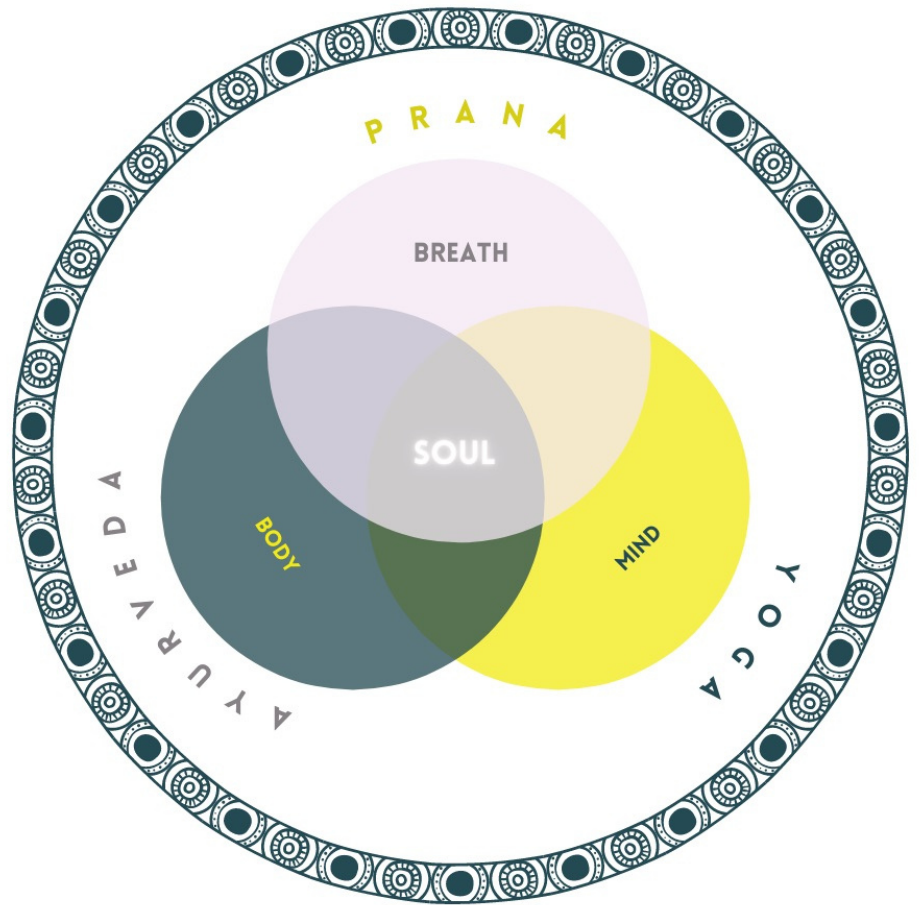
Kosha means "sheath". It is a covering over our Soul - to keep it safe, healthy, happy and on track to fulfill its purpose here.

The 5 coverings get increasingly more subtle from the grossest (physical body) to most subtle - consciousness. The first 3 layers - *annamaya* (body), *pranamaya* (breath), *manomaya* (mind) - are where the practice of yoga and ayurveda happens. These 3 sheaths are our home. We work with these koshas in order to gain access to *vigyanamaya* and *anandamaya*.

Why? Because **wisdom** (*vigyanamaya*) unfolds through experience. We experience life at the level of first three layers. And **bliss** unfolds from wisdom.

*** Note about the "bliss" - *anandamaya* kosha is not all about joy. It is the causal body - holding our karma - good, bad, and ugly. It is at this sheath we see our subconscious. And, through deepening our understanding of it, we eventually arrive at JOY - when nothing is unknown to us, and we are in full awareness of who we are, what we are here to overcome, accomplish and become.

Now, on to practice. Location: first 3 koshas - the Human Tripod. In Hatha Yoga progression, work with the Human Tripod spans Preliminary (body), MOON (mind) and SUN (energy) stages...



Human Tripod is called *Atma Puri* (=City of Soul).

Its walls are our physical body built of 5 elements we get from food we eat. That is *annamaya kosha*.

The infrastructure is kept alive by energy (*prana*). That is *pranamaya kosha*.

The city is inhabited and run by its various residents (*vrittis* of the mind). That is *manomaya kosha*.

The one who governs the city is *Atman* (individual soul). Desire and purpose of every good Governor is 4-fold (*purusharta*): to keep its residents safe, happy, employed and peaceful.

Practice is meant to help us do that: keep *Atma Puri* thriving.