



Adaptive Yoga for Essential Well Being

A personal and professional
development program

Models for Understanding the Self And Yoga



Objectives

1. Why do we use models in the first place?
2. The desires under the suffering. Maslow's pyramid.
3. The wave v/s the ocean model.
4. The multidimensional you.
 - i. A yogic perspective.
 - ii. A western perspective.
 - iii. An east/west perspective.

**“All models are wrong.
But some are useful.”**

Kristine Kaoverii Weber

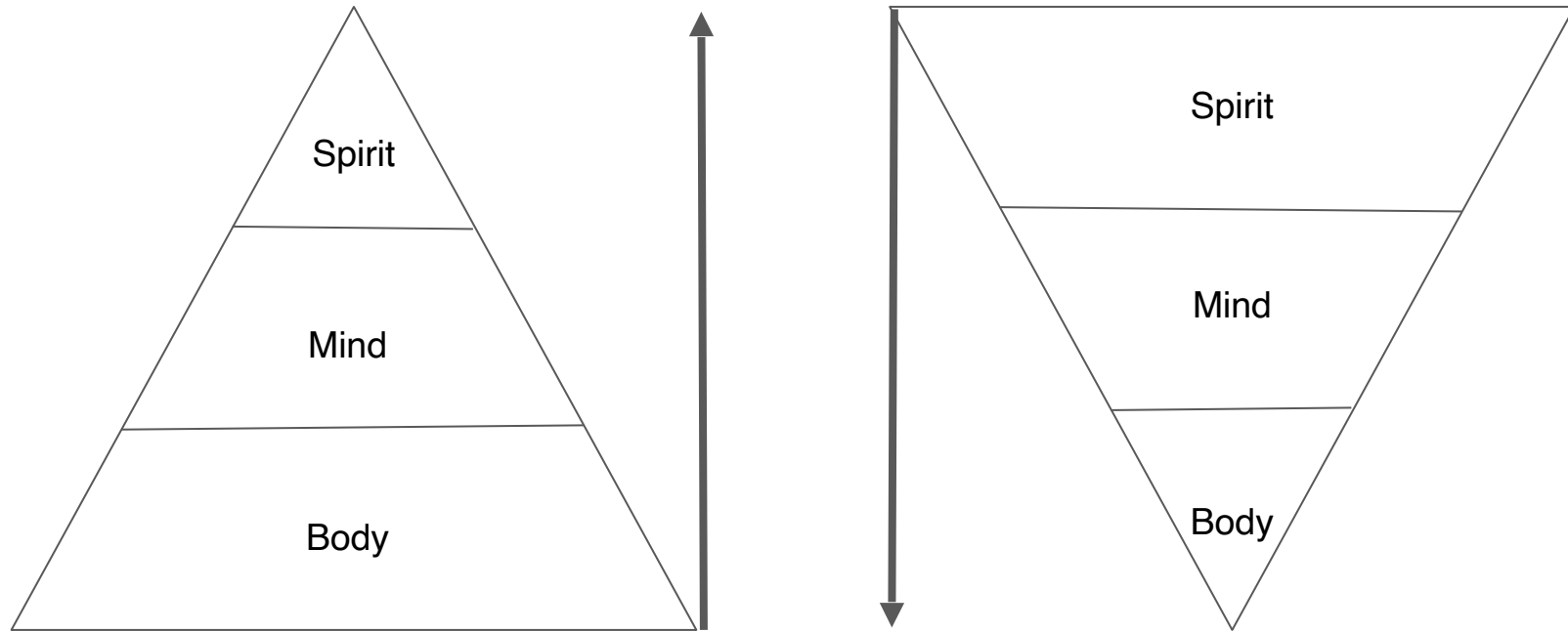
Ontology and Epistemology



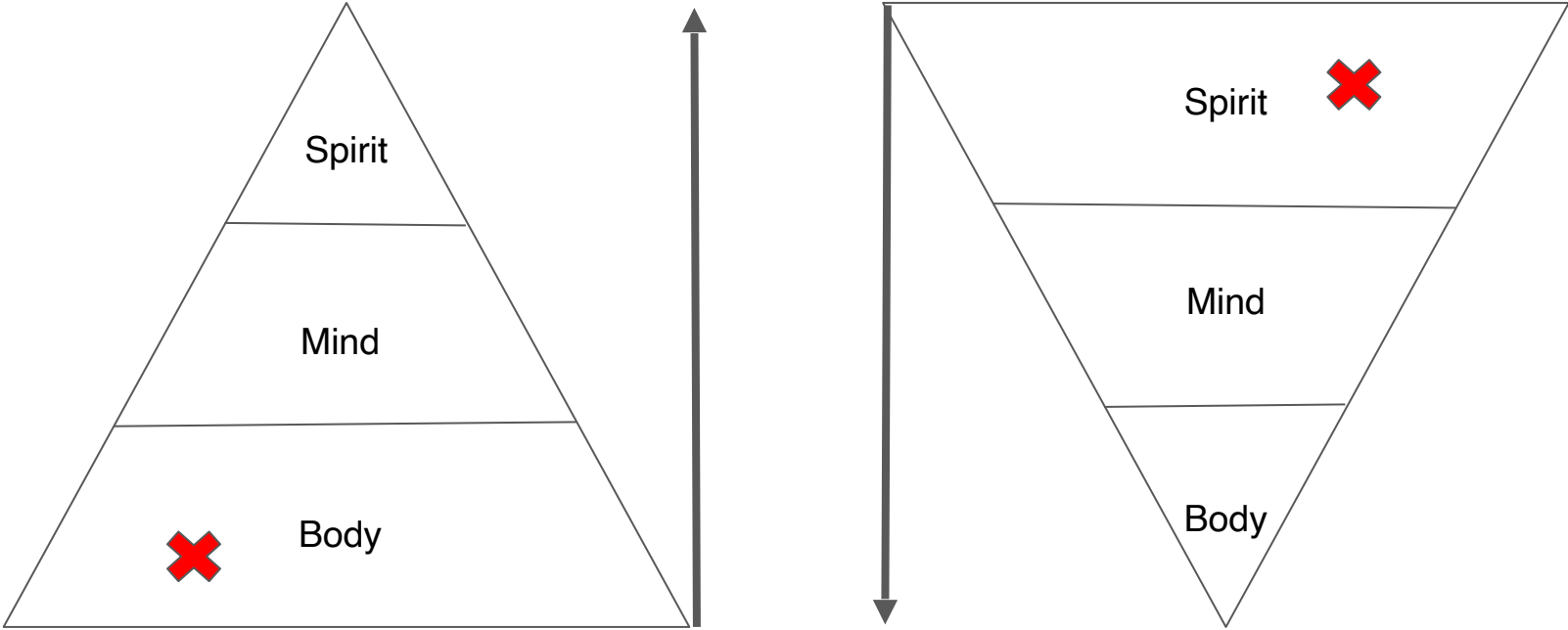
Why we suffer



Eastern v/s Western Model of Causality



Eastern v/s Western Model of Causality

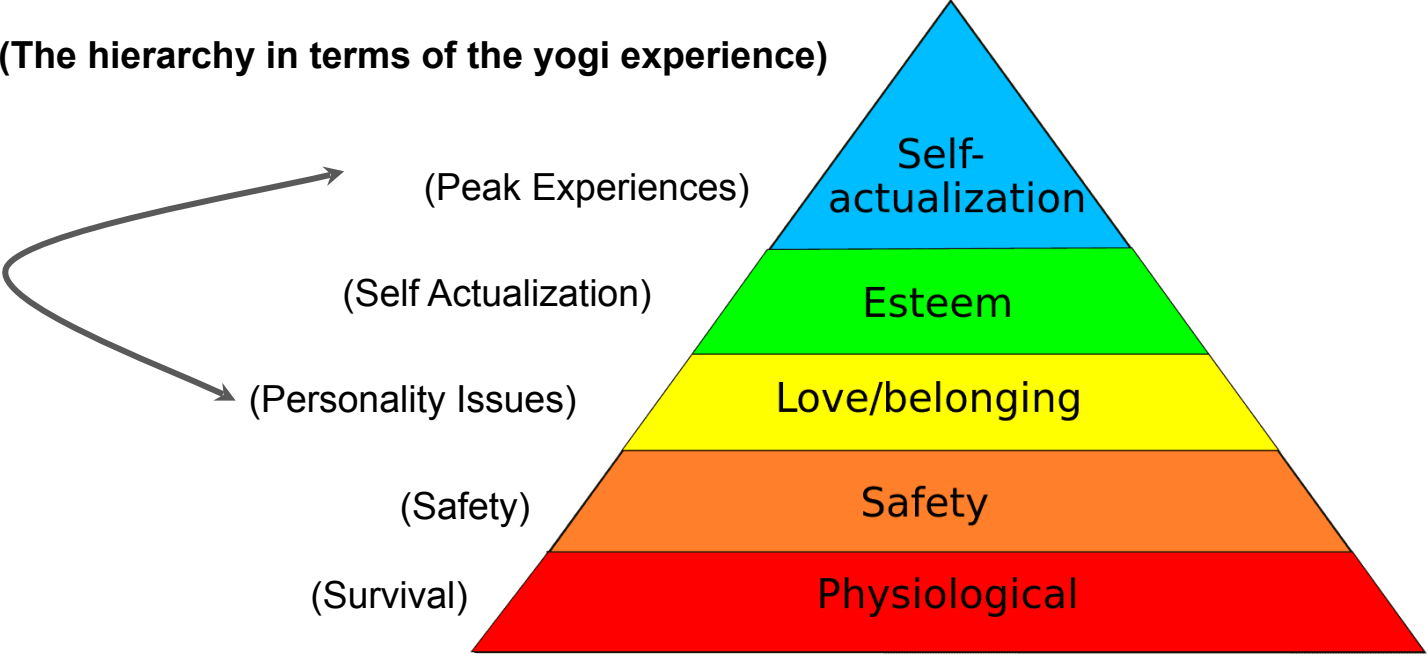


Filled with
Desire...



Maslow's Hierarchy of Needs

(The hierarchy in terms of the yogi experience)

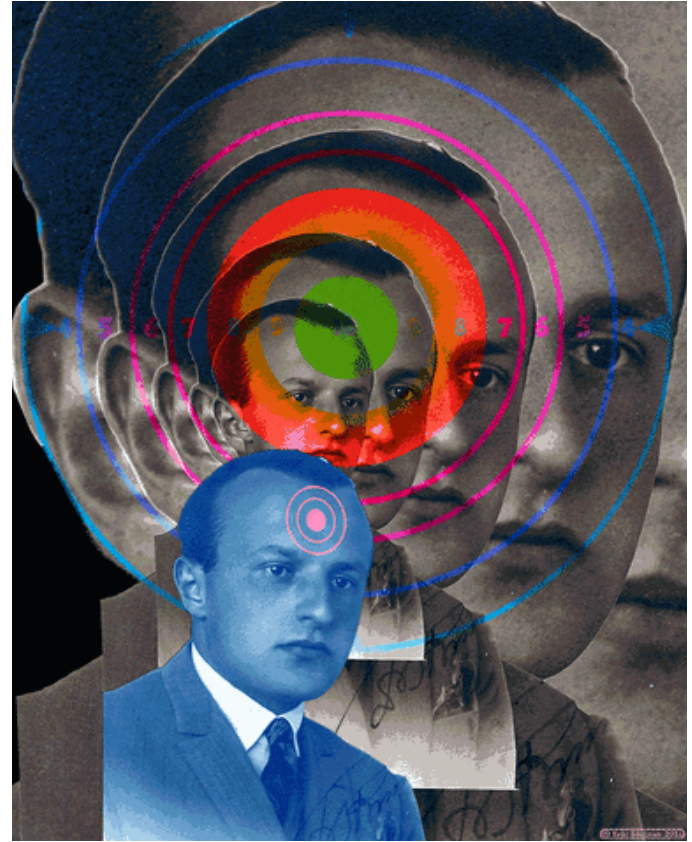


A Yogic Perspective

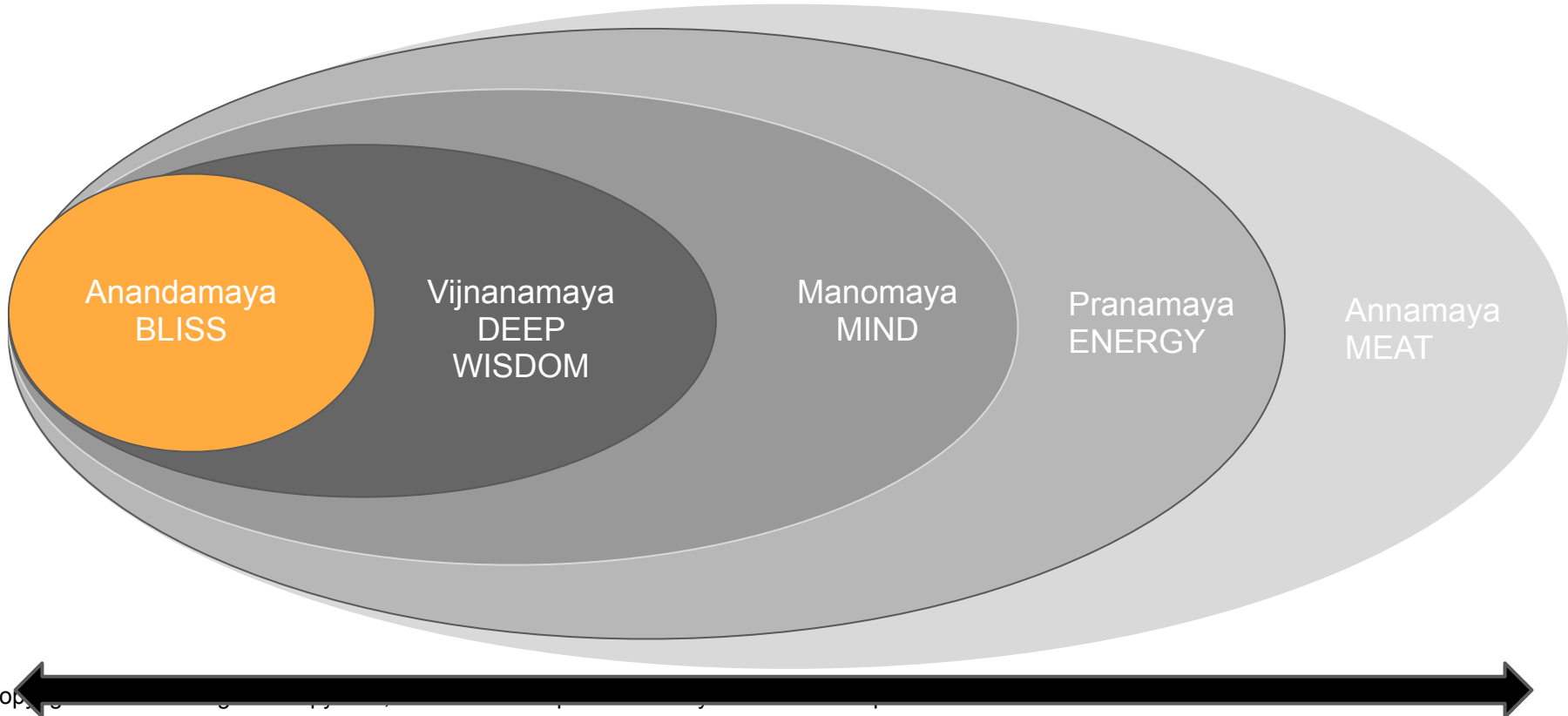
We think we are a **wave** until we begin to expand, look inward and see that we are, indeed, **the Ocean**



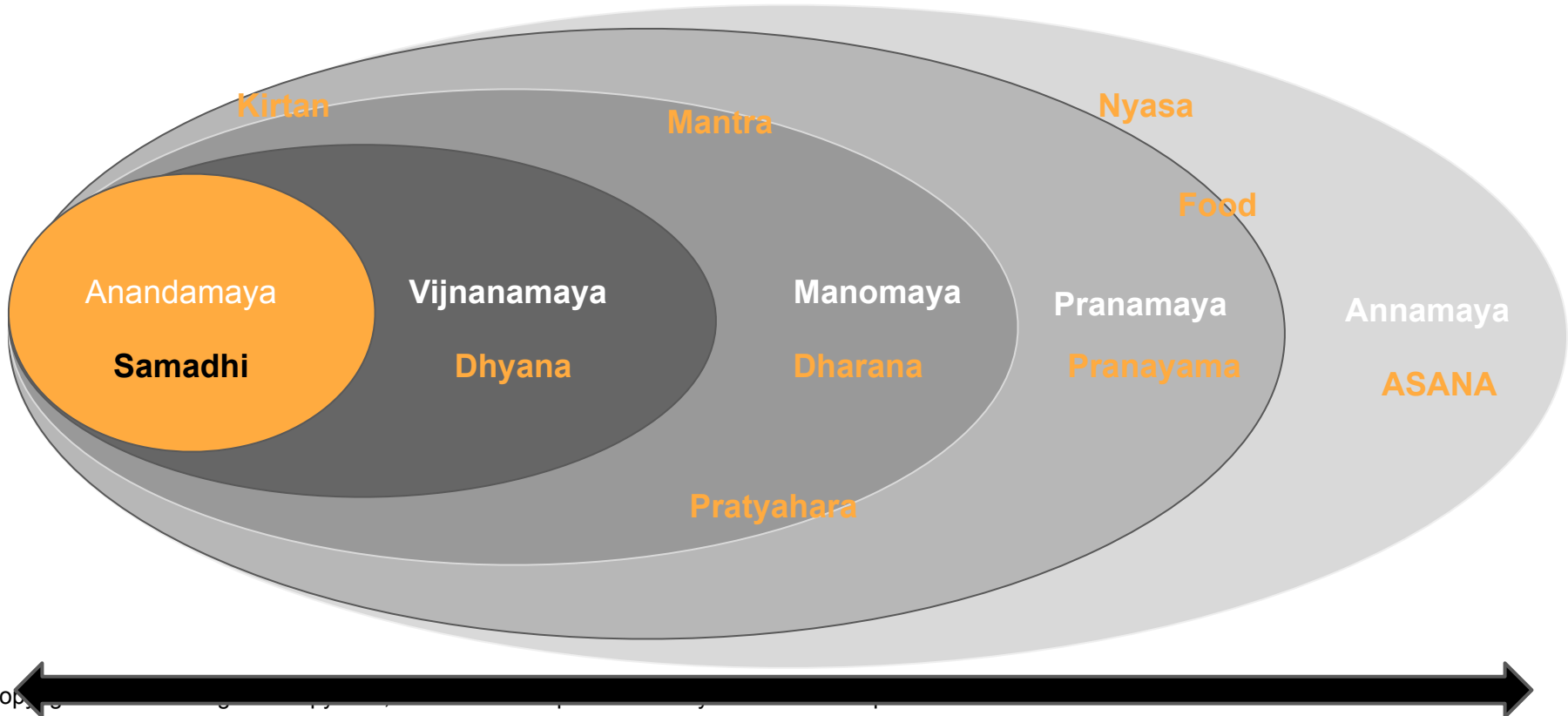
The Multidimensional You



Eastern: The Kosa Model from the Taittiriya Upanishads



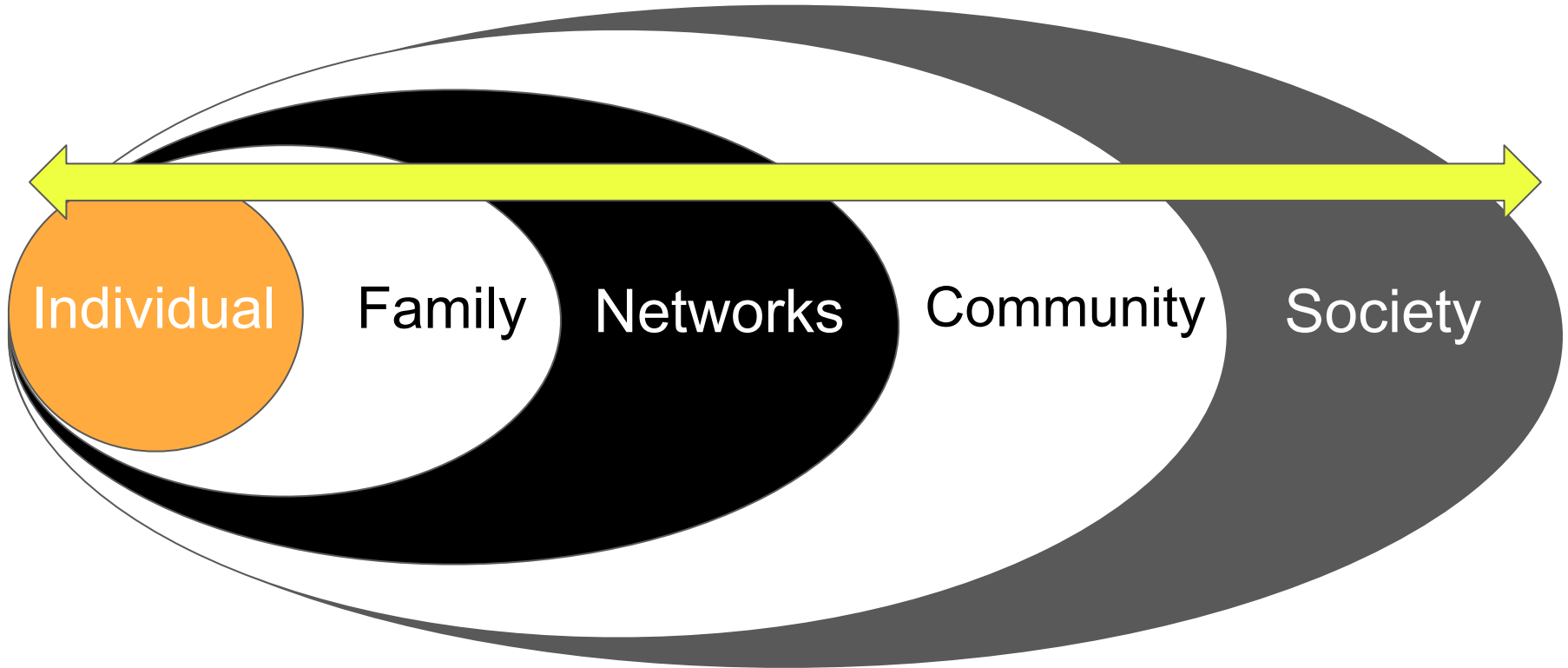
Eastern: The Kosa Model from the Taittiriya Upanishads



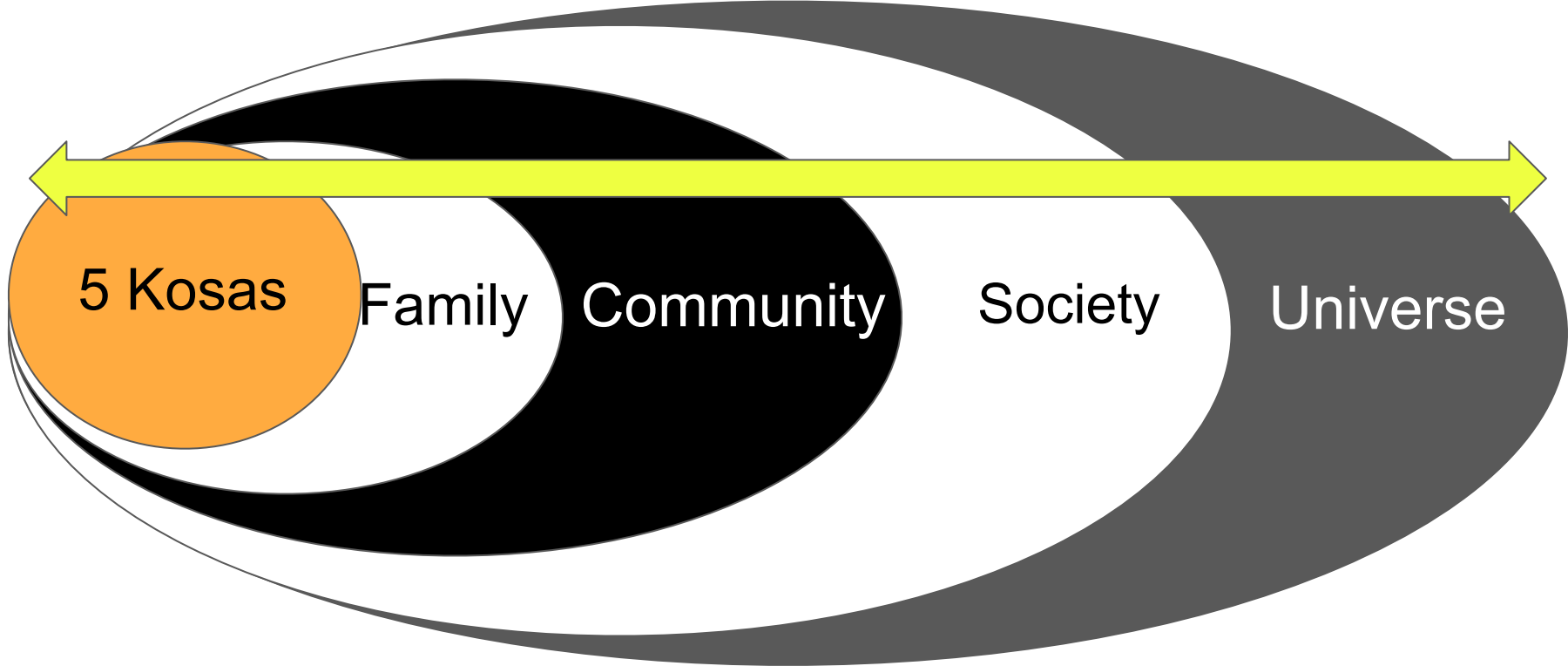
“Nested Systems”



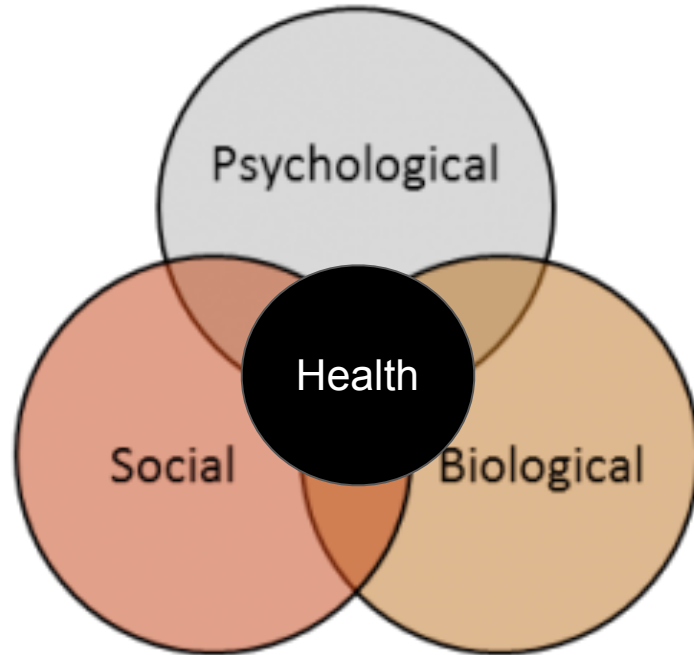
Western: The Social Ecology Model



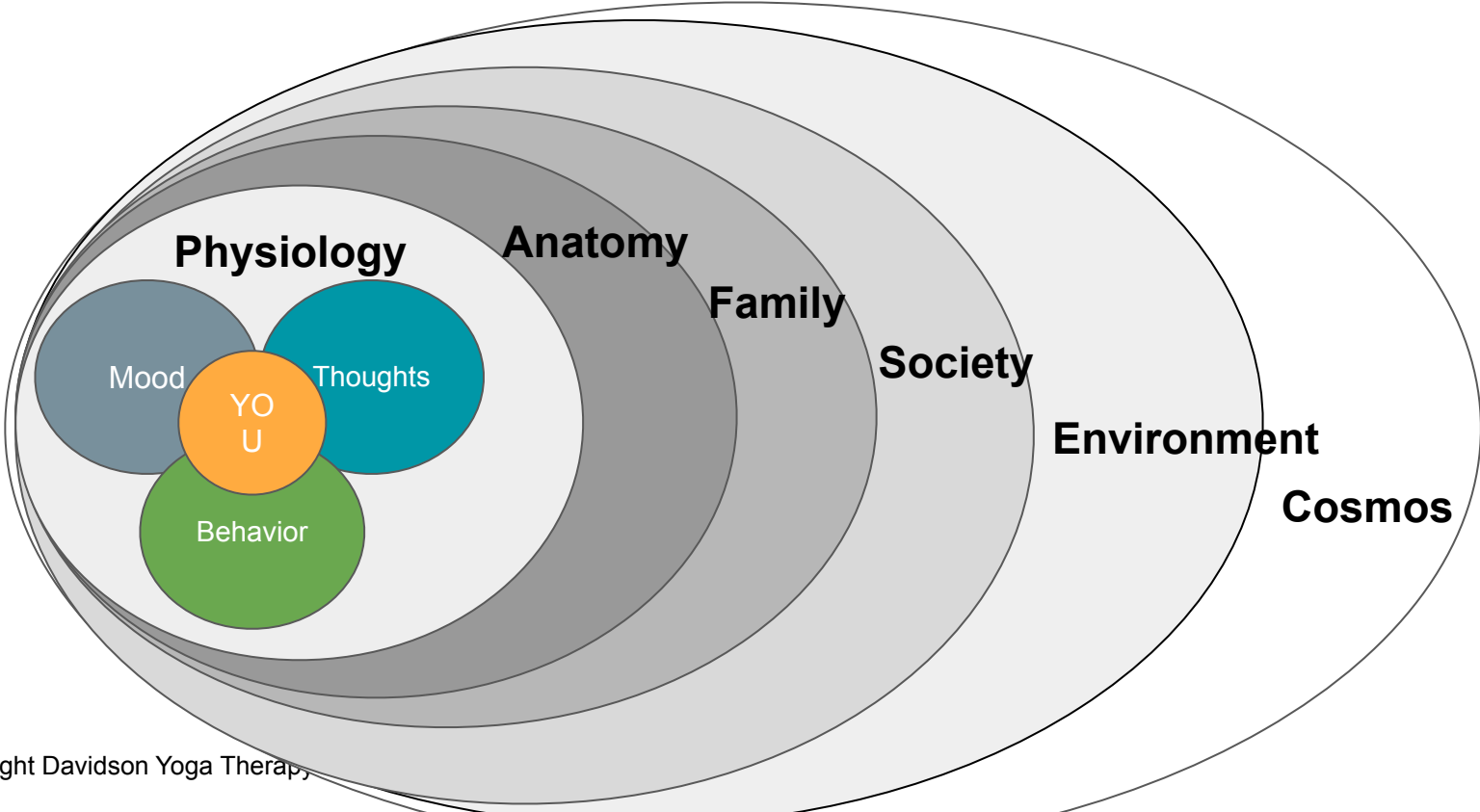
East/West: The Yoga Influenced Social Ecology Model



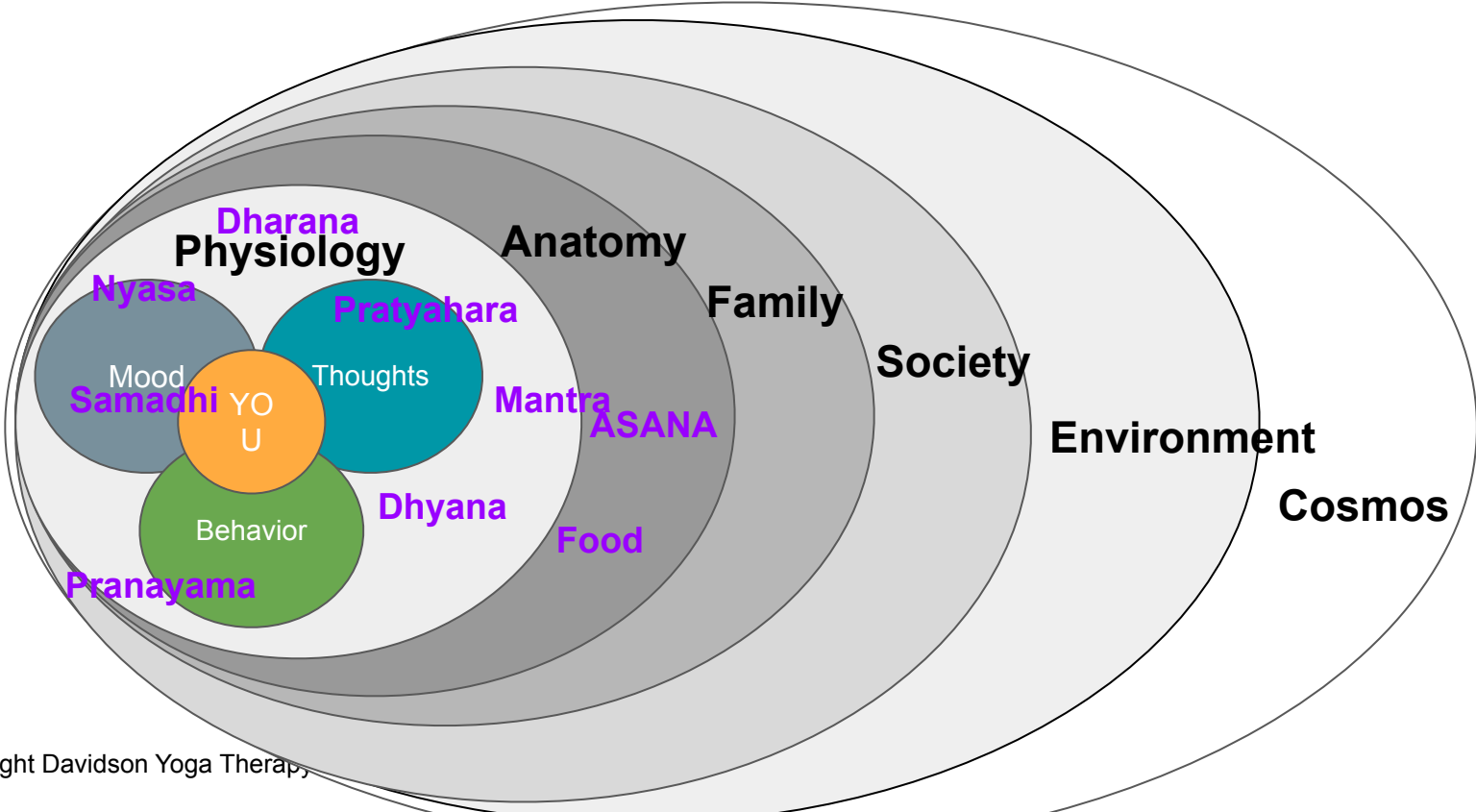
West: BioPsychoSocial Model



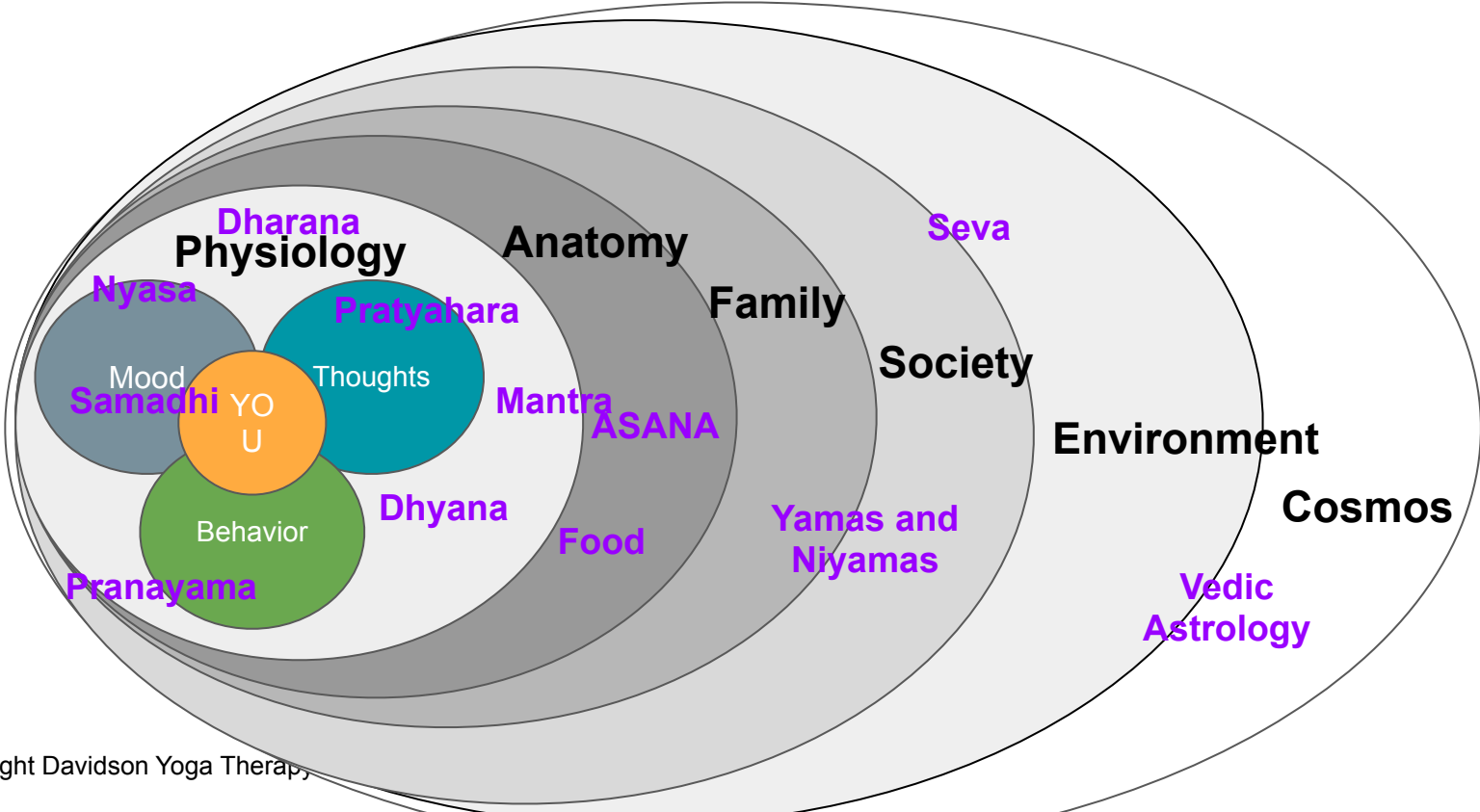
East/West: Kraftsows 9 Cities Model



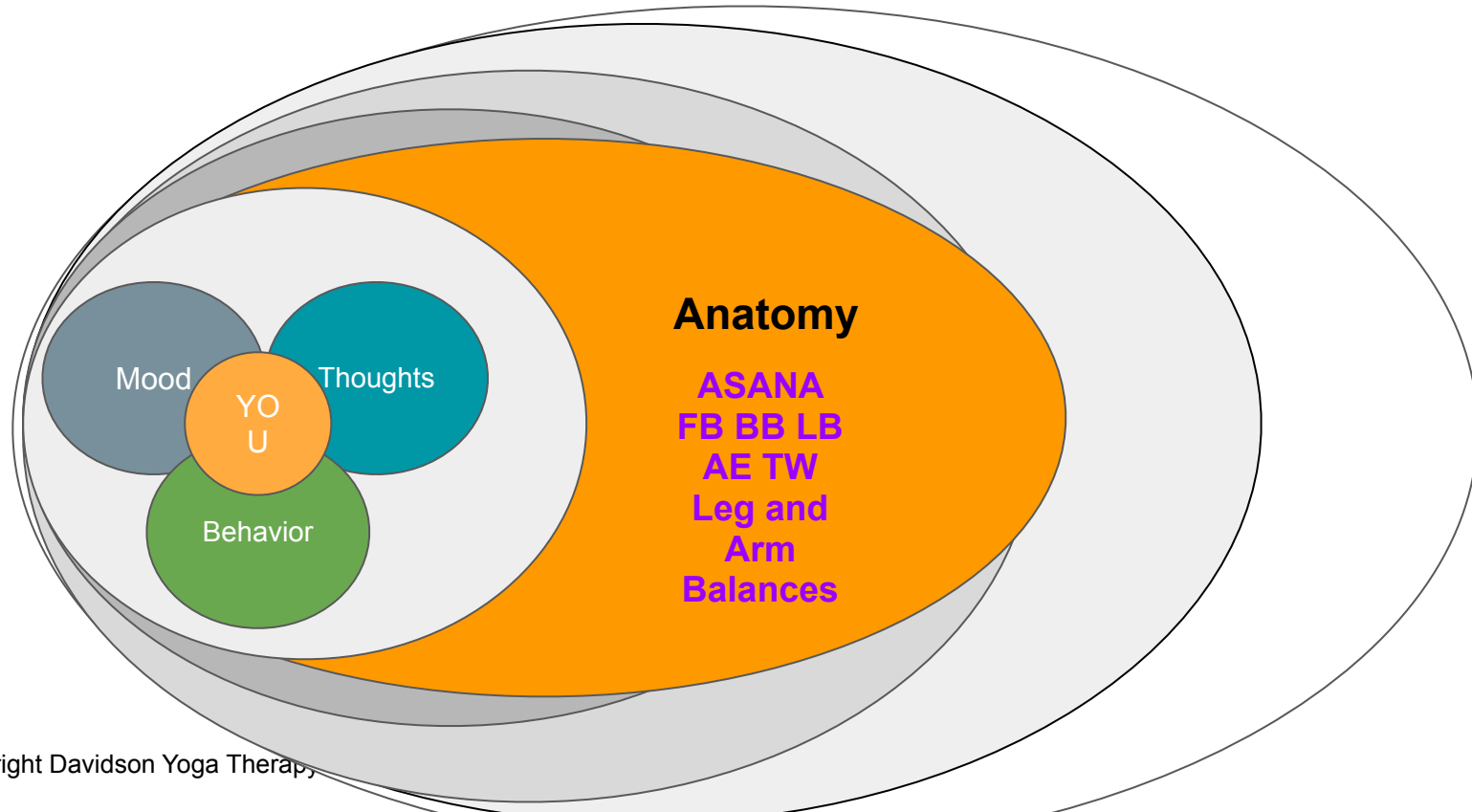
East/West: Kraftsows 9 Cities Model



East/West: Kraftsow's 9 Cities Model



Movement to Develop Relationship to Structure



Levels of Understanding

Vichara
Inquisitiveness
Intellectual Level



Vitarka
A Subtle Dawning
Relationship



Ananda
Total Absorption
Experience

