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Modern yoga consists of a range of techniques including asanas and meditation derived from some of the philosophies, teachings and practices of the Yoga school, which is one of the six schools of traditional Hindu philosophies, and organised into a wide variety of schools and denominations. It has been described by Elizabeth de Michelis as having four types, namely: Modern Psychosomatic Yoga, as in The Yoga Institute; Modern Denominational Yoga, as in Brahma Kumaris; Modern Postural Yoga, as in

*Modern yoga - Wikipedia*

Yoga in India is a more a meditative technique than the physical workout. Mindfulness study with the yoga is not considered as the vital part of Western Yoga, while Indian Yoga philosophy focuses on the

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calmness of mind. According to the famous yoga schools of India, Yoga can be a blissful path in making our body unreactive to the emotions like sadness, anger, possessiveness, etc turning your life into a perfect Yogi. Commercialization of Yoga in West

## *Indian Yoga Vs Western Yoga - 11 Major Differences*

Yoga in Modern India. Swami Vivekananda brought yoga to the West in the 1890s, but without asanas. Alter's 2004 book *Yoga in Modern India: The Body between Science and Philosophy* examines three main themes in the history and practice of yoga in the 20th century: Swami Kuvalayananda's medicalisation of yoga; naturopathic yoga; and the influence of the Hindu nationalist Rashtriya Swayamsevak Sangh on the development of yoga as exercise.

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