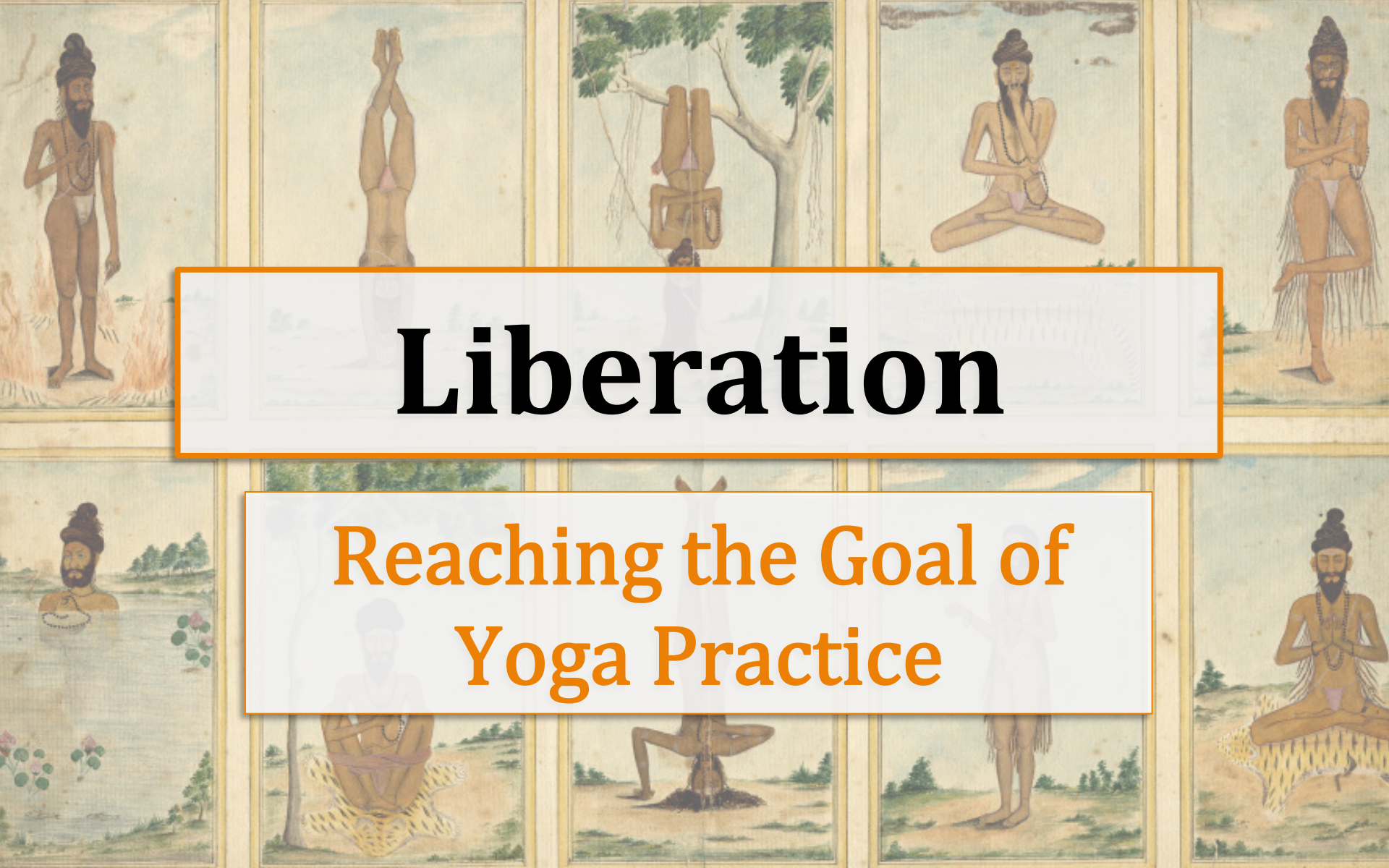


The background of the image is a collage of ten illustrations from the Hatha Yoga Pradipika, showing various yoga asanas. The top row includes standing, handstand, tree-hanging, seated, and one-legged standing. The bottom row includes water immersion, seated, headstand, standing, and seated with hands in prayer. The central text is overlaid on these images.

Liberation

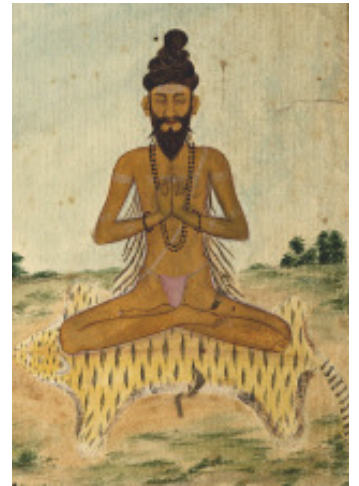
Reaching the Goal of
Yoga Practice

Learning Outcomes

- **To distinguish between the ontology of liberation in yoga in different traditions**
- **To understand the varieties of goals in different traditions**

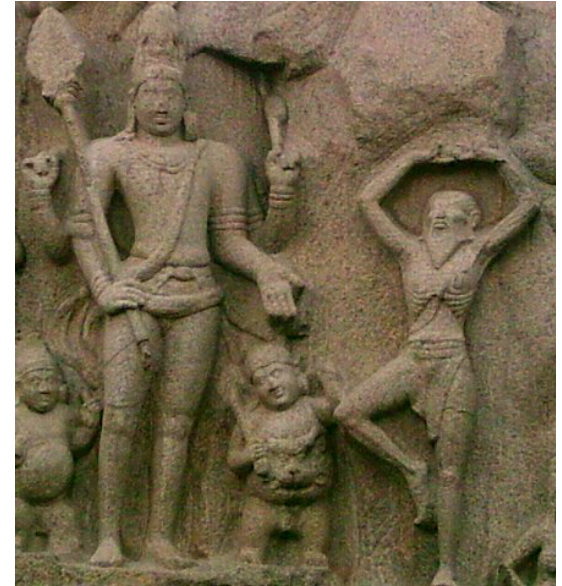
The Ultimate Goal

- Many different understandings of the ultimate goal in yoga
- *mokṣa* or *mukti*- “liberation”
- *kaivalya*- “isolation”
- *nirvāṇa*- extinction



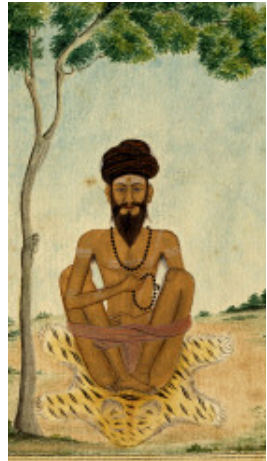
Different Traditions

- **Theistic- union with God**
- **Non-theistic**
 - Preservation of self
 - Dissolution of self
 - Realization that there is no self
 - End of suffering



Living and Dying Liberation

- *videhamukti*- liberation at the time of death
- *jīvanmukti*- living liberation
 - no contradiction with Advaita Vedānta
 - unsustainable notion for Patañjali
 - can provide justification for religious authorities (i.e. religious leaders)



Questions for Reflection

- **How do different traditions understand liberation differently?**
- **How does the philosophy of an individual tradition influence their understanding of yoga's ultimate goal?**