

*"Not only has there been a reversal of Hatha Yoga and Yoga, whereby Hatha Yoga (the "part") has been labeled as "Yoga" (the "whole"), but the whole process and scope of Yoga has been effected in our collective perceptions of Yoga." - [Swami Jnaneshvara Bharati](#)*

- Yoga is the whole, of which:
- [Kundalini](#) is a part.
- [Laya](#) is a part.
- [Mantra](#) is a part.
- [Nada](#) is a part.
- [Raja](#) is a part.
- [Tantra](#) is a part.
- [Bhakti](#) is a part.
- [Hatha](#) is a part.
- [Jnana](#) is a part.
- [Karma](#) is a part.

