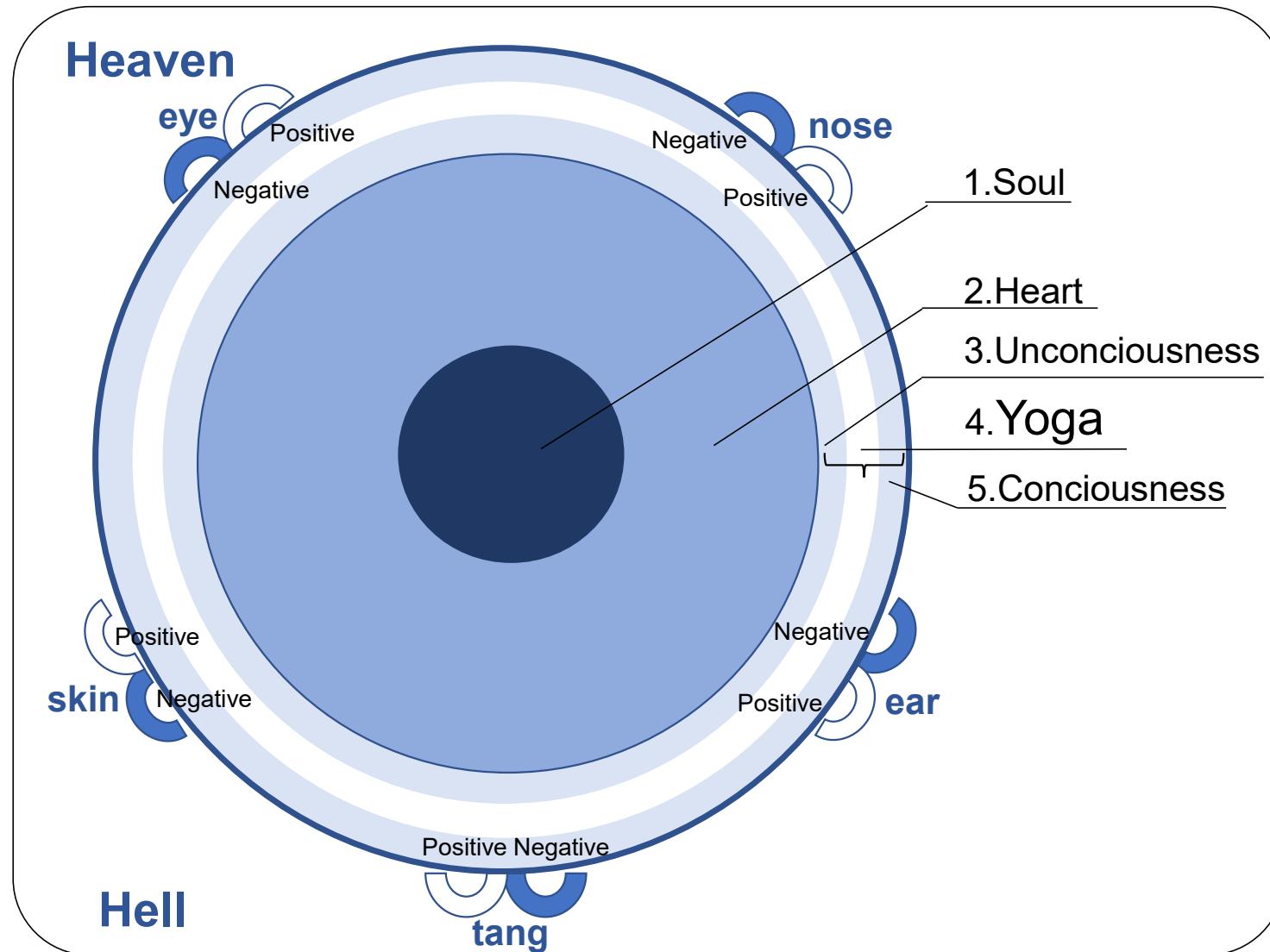


1. Knowledge



Mandala

Long time ago, Buddhist taught life of science to people for peaceful life.

1. Soul: Believe God and myself
2. Heart: Waving and unstable

Practice

3. - Asana : Physical (practice)
4. - Pranayama : Mental (breathing)
5. - Philosophy : Yama, Niyama

After learning and practice
Consciousness to Unconsciousness