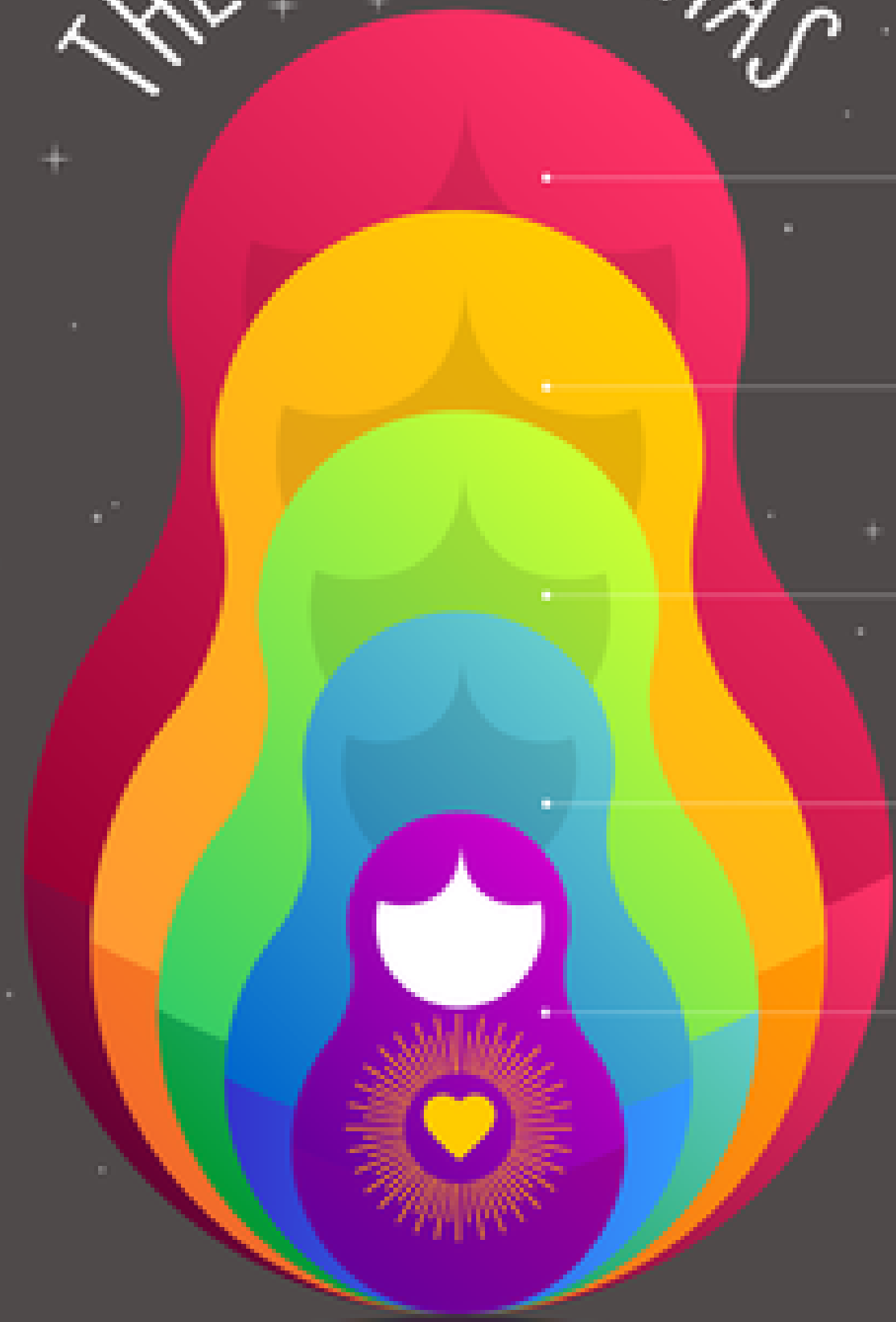




# THE FIVE KOSHAS



ANNAMAYA KOSHA

The Physical Body

PRANAMAYA KOSHA

The Energy Body

MANOMAYA KOSHA

Mind and Emotions

VIJNANAMAYA KOSHA

The Wisdom Body

ANANADAMAYA KOSHA

The Bliss Body

## Panchamaya Kosha Model

graphic from  
<https://balanceyogalounge.com>