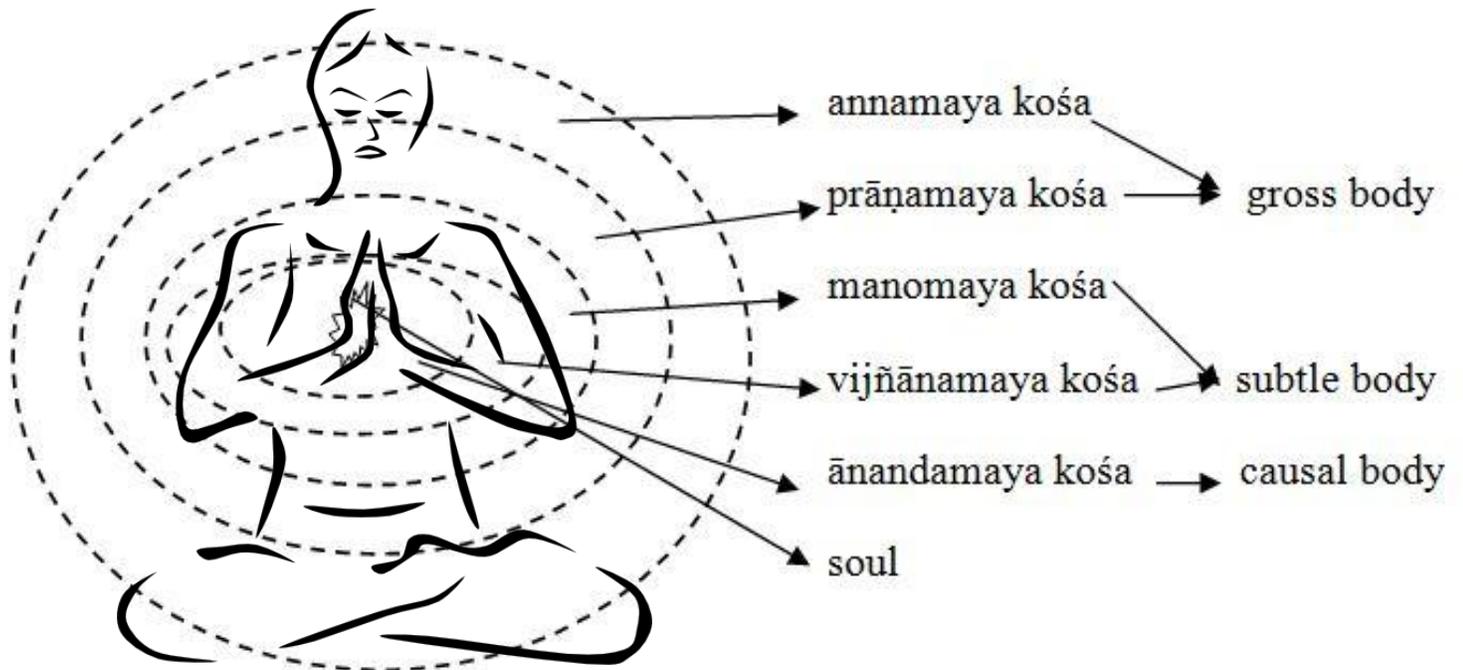


Overview of the Koshas



1. **Annamaya Kosha** (Matter or Food Sheath): The first kosha relates to the physical or material body, which needs food and water to survive. It comprises the physiological and psychological gross processes.
2. **Pranamaya Kosha** (Sheath of Vital Air): Home of the subconscious ego which serves as an intermediary between the physical body (annamaya kosha) and the three sheaths of the mind (outer mind, intelligence and inner mind).
3. **Manomaya Kosha** (Sheath of Mind): Mano means mind. The conscious mind presides over the faculties of awareness and perception.
4. **Vijnanamaya Kosha** (Sheath of Ego and Intellect): Vijnana means intellect, which discriminates, decides, or intends. This sheath of knowledge combines to intellect with the five sense organs.
5. **Anandamaya Kosha** (Sheath of Bliss:) This is the intuitive expansive sheath. It's aligned with the causal body and is often thought of as the soul.

Sources for more information:

- http://www.sanatansociety.org/yoga_and_meditation/five_koshas_yoga.htm#.Uogi8YY_uQQ
- <http://yoganirvana.com/sample-page>
- <http://www.chopra.com/prakrutiandvikruti>