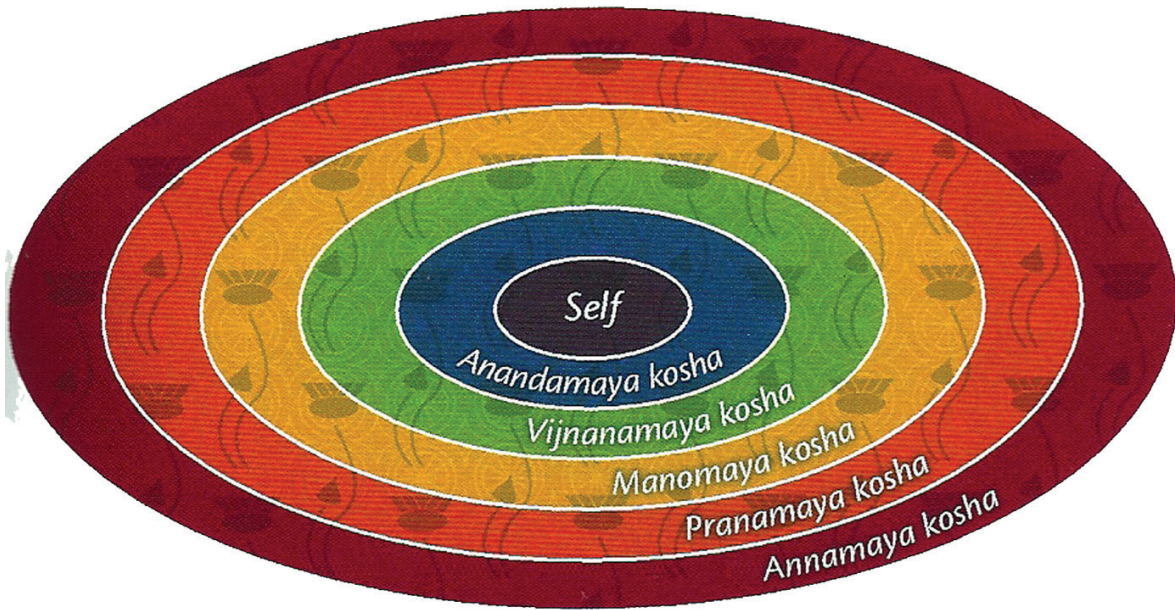








# KOSHAS

sheath or layer



	Atman	True Self	soul, pure awareness
	Anandamaya kosha	Bliss Layer	spirit, divine consciousness
	Vijnanamaya kosha	Wisdom Layer	intellect, beliefs, witness
	Manomaya kosha	Psycho-Emotional Layer	habitual thoughts & feelings
	Pranamaya kosha	Energy Layer	breath, life force
	Annamaya kosha	Physical Layer	anatomy, physiology, elements

**MOVE - BREATHE - FEEL - OBSERVE - REST - BE**