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se (WP) - The Arlington Center

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The Yoga Sutras of Patanjali - Integral Yoga Studio

Yoga (/ ˈj oʊ ˈɛ ˈj ɛ ˈt m /; Sanskrit: à¤à¥à¤—; pronunciation) is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. The term "yoga" in the Western world often denotes a ...

Yoga - Wikipedia

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Yoga Sutras of Patanjali - Wikipedia

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Yoga Nidra - Yoga Meditation

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