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Yoga (/ ˈj oʊ ˈeɪ ˈtɪ m /; Sanskrit: à¤à¥à¤—; pronunciation) is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

Yoga - Wikipedia

The Hatha Yoga Pradipika The Original Sanskrit Svatmarama An English Translation Brian Dana Akers
YogaVidya.com

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Timothy Burgin is a Kripalu & Pranakriya trained yoga instructor living and teaching in Asheville, NC. Timothy has studied and taught many styles of yoga and has completed a 500-hour Advanced Pranakriya Yoga training.

History of Yoga â€¢ Yoga Basics

The Shaiva Yoga text, Amanaska, dated to be from the 12th century CE or earlier, is a dialogue between Vamadeva and deity Shiva. In the second chapter, the text mentions Raja yoga, and explains why it is called so.

RÄ•ja yoga - Wikipedia

The Yoga Sutras of Patanjali Introduction, Commentaries, and Translation What are the Yoga Sutras and who is Patanjali? Over fifty different English translations of the Yoga Sutras are extant, standing as a

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Babaji's Kriya Yoga Bookstore offering a selection of books about Kriya Yoga, Babaji and the Siddhas.

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The Yoga Sutras of Patanjali [Patañjali, James Haughton Woods] on Amazon.com. *FREE* shipping on qualifying offers. One of yoga's most important and influential works, The Yoga Sutras of Patañjali forms a keystone of Indian philosophical and religious thought. Written by a sage in the second century B.C.

The Yoga Sutras of Patanjali: Patañjali, James Haughton

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Ramanand's Bio When Ramanand was 12, his father introduced him to yoga philosophy and asana, and he learned early on to embrace yoga with a childlike joyousness and delight.

Where is Ramanand? - yogirama.com

Yoga Sutras of Patanjali - Raja Yoga - Ashtanga Yoga: Purpose: The goal of this rendition of the Yoga Sutras is to make the principles and practices of the Yoga Sutras more understandable and accessible.

Yoga Sutras of Patanjali - Raja Yoga - Swami J

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Dramatic literature | Britannica.com

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