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### **yoga an absolute yoga pdf**

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### **The Yoga Sutras of Patanjali - Integral Yoga Studio**

Yoga (/ ˈj oʊ ˈeɪ ˈj ɔː /; Sanskrit: योग; 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 ...

### **Yoga - Wikipedia**

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. It states that it is so named because it enables the yogin to reach the illustrious king within oneself, the supreme self. Raja yoga is declared as the goal where one experiences ...

### **Rāja yoga - Wikipedia**

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Page iii. Vasistha's \* Yoga Swami Venkatesananda STATE UNIVERSITY OF NEW YORK PRESS Page iv Disclaimer: This book contains characters with diacritics.

## **Vasistha's Yoga (Swami Venkatesananda) | Rama | Yoga**

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