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Yoga (/ ˈj oʊ ˈeɪ ˈtʃ ˈeɪ ˈtʃ /; 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 ...

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