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PRACTICAL LESSONS IN YOGA By SRI SWAMI SIVANANDA Sri Swami Sivananda Founder of The Divine Life Society SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE

Practical Lessons In Yoga

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

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Hatha yoga is a branch of Yoga, one of the six schools of Hinduism. The word haá¹-ha literally means "force" and thus alludes to a system of physical techniques.: 770: 527 In India hatha yoga is associated in popular tradition with the 'Yogis' of the Natha Sampradaya through its mythical founder Matsyendranath. Matsyendranath, also known as Minanath or Minapa in Tibet, is celebrated as a saint ...

Hatha yoga - Wikipedia

"ALL ABOUT HINDUISM" is intended to meet the needs of those who want to be introduced to the various facets of the crystal that is Hinduism.

ALL ABOUT HINDUISM - Divine Life Society

<http://wirralleisure.co.uk/invigor8-centres/woodchurch-leisure-centre/>

HeartMind Yoga Indigenous Links. This page contains related LINKS to websites. Click on the following to be taken to their TEN separate headings: Yoga Texts in Translation and/or Major Commentaries

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Front page, Sri Chaitanya Saraswat Math

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