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It is one of the six philosophies and scripture in the Yoga Shastra.

Patanjali composed the Yoga Sutras 3000 years ago. There is a law in the Yoga sutra to converge the mind and merge into God.

Yoga is the carrier of development of virtues

CAMERA BODY #4, MADE IN CHINA
BY YE JIAN de la série Lointain si
proche, After Alighiero e Boetti, 2012

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The yoga sutras of patañjali, Book III, Vibhuti pada, Sutra 53, The yoga series, after John Baldessa, 2012
Yoga sutras were written by a man called Patanjali. He identified eight limbs or corners of yoga; only one of them was about the body. The first corner or limb was actually focused on your ...

Exercise amid lockdown:
Understanding the multi-facets of yoga
While I am not a yogic scholar, I will describe some of the classical practices as attributed to the second-century authority Patanjali and his popular Yoga Sutras (literally ... with a gym class or a ...

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DR. LEPISTO: Buffet of yoga therapies offered in the Grand Valley; try it out

Yoga has its mention in Rigveda, Upanishads, and The Yoga Sutras of Patanjali, and hence due to its rich history, it is divided into periods of innovation, practice, and development. Yoga was ...

Yoga asanas to lose weight
Long before Baba Ramdev and his Patanjali brand made yoga mainstream, Yogacharya Bellur Krishnamachar Sundararaja Iyenger and other stalwarts had popularised the classical practice of yoga and ...

Yoga As National Pride: PM Modi's

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Convenient Asana To Mask
Misgovernance
the eight limbs of yoga and the
Patanjali yoga sutras. When
DoubleTree by Hilton voted the Lamu
Yoga Festival the number one yoga
festival in the world worth travelling for
– the festival's ...

Yoga, the new wave sweeping across
Kenya

Iyengar yoga is based on the
traditional eight limbs of yoga, as
mentioned by Patanjali in his Yoga
Sutras. It enlists the help of props such
as blankets, bolsters, blocks, straps,
etc. to ensure ...

'Yoga saved my life': why yoga is
essential for mental health

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Whether we take a simple walk or practice an asana sequence on a yoga mat, moving the physical body helps settle the mind into presence. A variety of physical yogasana practices can meet our different ...

Sthira-Sukham Asanam: Cultivating Comfort and Steadiness

There is a misconception that Sanskrit language is only a language for chanting mantras in temples or religious ceremonies. That, actually, is less than 5% of the Sanskrit literature, more than 95 ...

Sanskrit As A Language Of Science

International Yoga Day, also known as World Yoga Day is commemorated on June 21 every year to appreciate the

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perks of physical, mental, and spiritual health that yoga has brought to the world for ...

International Yoga Day 2021 – "Yoga for Well-being"

Indore: City's renowned Homeopathy doctor and member of scientific advisory committee of CCRH under the ministry of Ayush, New Delhi, Dr ...[Read More](#) ...

ministry of Ayush

Vardhan had courted several controversies including inaugurating FMCG company Patanjali's controversial anti-coronavirus kit Coronil in the presence of Yoga practitioner Ramdev. It's not clear as

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Modi Cabinet reshuffle: Harsh Vardhan, Ravi Shankar Prasad and Prakash Javdekar among 12 ministers who resigned

Vardhan had courted several controversies including inaugurating FMCG company Patanjali's controversial anti-coronavirus kit Coronil in the presence of Yoga practitioner Ramdev. It's not clear as

...

Modi Cabinet reshuffle: Harsh Vardhan, Ramesh Pokhriyal among top ministers resign ahead of new Council of Ministers

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