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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 human testament to how Universal Truth is celebrated in terms of a rich diversity.

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

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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**

Yoga meditation. Self-Realization through traditional Yoga meditation of the Yoga Sutras, Yoga Vedanta, Sri Vidya Tantra Yoga meditation, Jnana Yoga meditation, Karma Yoga, Bhakti Yoga. Emphasizes Yoga as meditation, since Yoga truly is meditation.

### **Yoga Meditation - Swami J**

Dream Yoga or Milam (Standard Tibetan: rmi-lam or nyilam; Sanskrit: स्वप्ननादानां योगः, svapnadarāna) "the Yoga of the Dream State" is a suite of ...

### **Dream yoga - Wikipedia**

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### **Methodologies in Foreign Language Teaching - linguistics.com**

"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**

Distortion of Yoga Nidra (addendum to the Yoga Nidra article) The distortion of the very high practice of Yoga Nidra is so thorough in the world these days that it seems necessary to make very bright titles just to have the point noticed.

### **Yoga Nidra - Yoga Meditation**

Everybody is familiar with major states of consciousness, such as waking, dreaming, and deep sleep. Right now, you are in a waking state of consciousness (or, if you are tired, perhaps a daydream state of consciousness).

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