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The Yoga Sutras of Patanjali - Integral Yoga Studio

Raja Yoga Raja Yoga, as with all of Swami Vivekananda's writing, is in the public domain. It is, however, difficult to find on the internet, except for a text version on Wikipedia. It is this that I have used to create this formatted

Raja Yoga - Shards of Consciousness

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

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

Yoga (/ ˈj oʊ ˈj ɔː /; Sanskrit: àààààà—; 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

HARI OM . The Bihar School of Yoga has published YOGA since 1963. The magazine contains articles and information about the Bihar School of Yoga, Sannyasa Peeth, Rikhiapeeth, Ganga Darshan, Bihar Yoga Bharati and other affiliated Satyananda Yoga organisations.

Yoga Magazine - Magazine of the Bihar School of Yoga

The Online Yoga Teacher Training course is a unique course that combines the knowledge of the ancient yoga texts with a solid research on the scientific, philosophical and anatomical aspects of yoga.

Online Yoga Teacher's Training Course - Yoga Institute

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"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

A statue of Patañjali, founder of the system of yoga and author of the Yoga Sutras, the ancient text that establishes the practice and philosophy of yoga.

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