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The Real Truth About the Yoga Sutras of Patanjali

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Yoga Sutras of Patanjali - Wikipedia

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Demystifying Patanjali – Ananda Publications

As you may know, the most ancient approach to yoga practice is outlined by the Yoga Sutras of Patanjali. It is in Patanjali ' s system that we get the 8 Limbs of yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. This is the gradual, systematic flow that will take you from normal consciousness to the supreme realization.

Patanjali and Hatha Yoga: What's the Difference? - Swara ...

Long ago, the sage Patanjali gave yogis ashtanga yoga, which you may know as the eight limbs of yoga. This body of wisdom explains a natural progression of techniques to train the body, mind, and senses for spiritual evolution. This system explained in this collection of aphorisms is called Patanjali ' s Yoga Sutras.

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