

The Path Of The Yoga Sutras: A Practical Guide To The Core Of Yoga By Nicolai Bachman

By Nicolai Bachman

Yoga Sutras of Patanjali - Wikipedia, the free -

The Yoga Sutras of Patanjali are 196 Indian sutras (aphorisms). The Yoga Sutras were compiled around 400 CE by Patanjali, taking materials about yoga from older

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Raja yoga is a term with a variety of meanings depending on the context. In Sanskrit texts Raja yoga refers to the goal of yoga (which is usually samadhi) and not a

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