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Yoga Wikipedia

- Yoga is a group of physical mental and spiritual practices or disciplines which originated in ancient India

History of Yoga & Yoga Basics

November 26th, 2007 - Yoga's history has many places of obscurity and uncertainty due to its oral transmission of sacred texts and the secretive nature of its teachings

Tantra Wikipedia

- Tantras Vedas Shakta Upanishads Devi Sita Tripura Devi Bhagavatam Devi Mahatmyam Lalita Sahasranamam Kalika Purana Soundarya Lahari Abhirami Anthadhi

From the Vedas to Vinyasa An Introduction to the History

November 22nd, 2018 - Amy Vaughn M A E RYT has been studying Eastern philosophy and mysticism for more than 20 years Besides her 200 hour training in Hatha Yoga she has an 800 hour certificate in the History Philosophy and Literature of Yoga from Traditional Yoga Studies

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- BABAJI AND THE 18 SIDDHA KRIYA YOGA TRADITION 9th edition by M Govindan 1991 216 pages with illustrations photos and 4 maps 100 bibliographic references and glossary

The Vedic Yoga and Yoga as a Whole Hindu History

- In classical Indian thought Yoga in the general sense refers to a particular way of spiritual practice and as such has been taken up by most of the spiritual traditions in India Hindu Buddhist and Jain