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'The History of Yoga in India Turiya Yoga Blog

April 18th, 2020 - The Yoga Sûtras were intended to be a definitive guide to the practice of yoga and indeed they are still viewed as being the lynchpin of yogic philosophy and non postural practice today Post Classical Yoga 400 1873 As time went on and yoga entered the post classical phase a greater emphasis came to be placed on the physical aspects of yoga'

'WikiZero Onam

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'Asana

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