

Sat, 15 Dec 2018 01:03:00

GMT isha yoga isha
foundation pdf - Nāda
yoga

(नादायुग) is an ancient Indian metaphysical system. It is equally a philosophical system, a medicine, and a form of yoga. Nāda yoga - Wikipedia - The Yoga Sūtras of Patañjali are a collection of 196 Indian sutras on the theory and practice of yoga. The Yoga Sutras were compiled prior to 400 CE by Sage Patanjali who synthesized and organized knowledge about yoga from older traditions. Yoga Sutras of Patanjali - Wikipedia -

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