# **TIBETAN YOGA BOOK**



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#### **Central Tibetan Administration**

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# Tibetan Buddhism Wikipedia

Tibetan Buddhism is the form of Buddhist doctrine and institutions named after the lands of Tibet, but also found in the regions surrounding the Himalayas and much of Central Asia. It derives from the latest stages of Indian Buddhism and preserves "the Tantric status quo of eighth-century India." It has been spread outside of Tibet, especially due to the Mongol power of the Yuan dynasty (1271)

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