

## [ASANA PRANAYAMA MUDRA BANDHA](#)



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### **Asana Wikipedia**

Yoga originated in India. In his Yoga Sutras, Patanjali describes asana practice as the third of the eight limbs (Sanskrit, ashtanga, from asht, eight, and anga, limb) of classical, or raja yoga. The eight limbs are, in order, the yamas (codes of social conduct), niyamas (self-observances), asanas (postures), pranayama (breath work), pratyahara (sense withdrawal or non

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3. INTENSITY OF THE CRAVINGS IN DIFFERENT PERSONS. Passion is a very strong desire. A mild desire becomes a strong passion by frequent repetition or frequent enjoyment.

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### **Mudra Wikipedia**

The classical sources for the mudras in yoga are the Gheranda Samhita and the Hatha Yoga Pradipika. The Hatha Yoga Pradipika states the importance of mudras in yoga practice: Therefore the goddess sleeping at the entrance of Brahma's door should be constantly aroused with all effort, by performing mudra thoroughly.

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### **Shunya Mudra Steps and Benefits Yoga**

Shunya Mudra or Sky Mudra is supposed to work on the basic element of ether that permeates all space. Get more information about steps and benefits of this mudra here.

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### **Hatha Yoga Pradipika Swami J**

Chapter 3: Mudra and Bandha. TANTRA AND KUNDALINI. 1. As the chief of the snakes is the support of the earth with all the mountains and forests on it, so all the Tantras (Yoga practices) rest on the Kundalini.

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