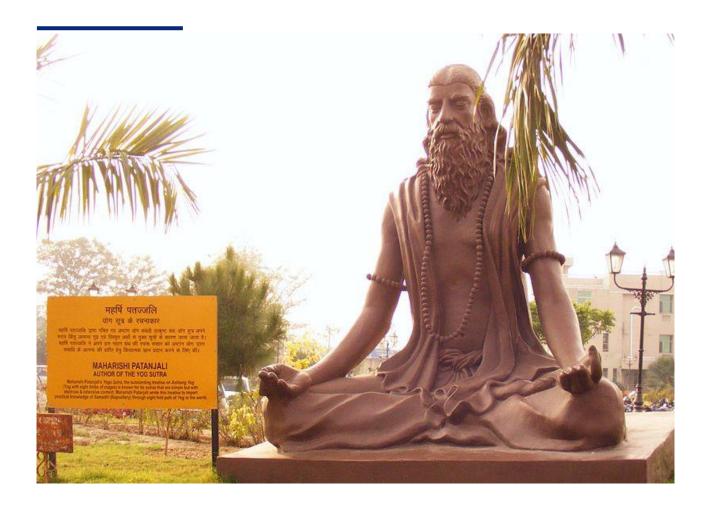


YOGA

Yoga (/ˈjoʊgə/ (णोisten);[1] Sanskrit: योग, lit. 'yoke' or 'union' pronounced [joːgɐ]) is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control (yoke) and still the mind, recognizing a detached witness-consciousness untouched by the mind (Chitta) and mundane suffering (Duhkha). There is a wide variety of schools of yoga, practices, and goals[2] in Hinduism, Buddhism, and Jainism, [3][4][5] and traditional and modern yoga is practiced worldwide.[6]

Two general theories exist on the origins of yoga. The linear model holds that yoga originated in the Vedic period, as reflected in the <u>Vedic textual corpus</u>, and influenced Buddhism; according to author Edward Fitzpatrick Crangle, this model is mainly supported by Hindu scholars. According to the synthesis model, yoga is a synthesis of non-Vedic and Vedic elements; this model is favoured in Western scholarship. [7][8]

Maharshi Patanjali



SEPTEMBER 15

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