




# YOGA

**Yoga** ([/ˈjoʊɡə/](#) <sup>[1]</sup> **Sanskrit:** योग, [lit.](#) 'yoke' or 'union' pronounced [\[joːɡe\]](#)) 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<sup>[2]</sup> in [Hinduism](#), [Buddhism](#), and [Jainism](#),<sup>[3][4][5]</sup> and traditional and modern yoga is practiced worldwide.<sup>[6]</sup>

Two general theories exist on the origins of yoga. The linear model holds that yoga originated in the Vedic period, as reflected in the [Vedic textual corpus](#), 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.<sup>[7][8]</sup>

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# Maharshi Patanjali



SEPTEMBER 15

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