



8 Limbs Of Yoga Exercise

Collie Devengar

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Maharishi Patanjali announced in the Yoga Sutras that yoga exercise has Eight Limbs, as well as that each of these limbs was simply among a progressive series of actions or self-controls which purify the body as well as the thoughts as well as eventually lead anybody who techniques yoga to enlightenment. While the physical aspect of yoga is without uncertainty of value, it is just one of the eight normal aspects of yoga technique, all which have reflection of God as their *raison d'Être*

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