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Yoga Vasistha, written by Sage Valmiki, is the spiritual teaching imparted by Sage Vasistha to Sri Rama. Yoga Vasistha is also known as the Maha Ramayana, the Uttar Ramayana and the Vasistha Ramayana. It describes how Rama's knowledge, wisdom and understanding evolved and progressed throughout the different stages of his life.

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YOGA: ITS ORIGIN, HISTORY AND DEVELOPMENT

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yoga. Yoga is both a science and an art of a deeper understanding of the human condition. In my inquiry into this subject, I have had the good fortune of meeting great teachers, whose ... Anusara Yoga – Hatha Yoga in the Anusara style. 2001 (No longer in print). Mascaro, Juan (translation). The Bhagavad Gita. London: Penguin Books Ltd, 1962.

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kundalini yoga, and so on. A combined, integrated practice of yoga in one's life will definitely ensure a better
quality of experience within you and without. Every seeker and practitioner on the path of yoga must
remember that the various paths of yoga are to improve the quality of head, heart and hand.

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The Art and Science of Raja Yoga is the full version of Essence of Art and Science of Raja Yoga *. It is the
most comprehensive course on yoga and meditation offered today. It gives us the balanced and complete
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