

### **yoga wikipedia pdf**

Yoga (/ ˈj oʊ ˈɡɑː /; Sanskrit: à¸-à¸-à¸—; pronounciation) is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophy.

### **Yoga - Wikipedia**

Hatha yoga is a branch of yoga. The word haá¹-ha literally means "force" and thus alludes to a system of physical techniques.: 770: 527 In India hatha yoga is associated in popular tradition with the 'Yogis' of the Natha Sampradaya through its mythical founder Matsyendranath.

### **Hatha yoga - Wikipedia**

Å%otymologie. Le mot Å« yoga Å» (devÅ•nagarÅ« : à¸-à¸-à¸—) est, dans la langue sanskrite, un nom masculin construit par adjonction Å la racine YUJ-d'une voyelle thÅ©matique -a [8].

### **Yoga â€” WikipÃ©dia**

Dieser Artikel behandelt Yoga, die indische Lehre geistiger und kÃ¶rperlicher Ãœbungen. Zur gleichnamigen japanischen Malerei westlicher Art siehe YÅ•ga.

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