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The Yoga Sutras Are Not A Scienti C, Moral Or Philosophical Treatise And Feb 19th, 2024Commentary On The Yoga Sutras - Taoist-Books.comThis Is A Commentary On The Yoga Sutras Of Patanjali (translated By BonGiovanni1) With An Emphasis On It As A Meditation & Self-hypnosis Manual - And Psychological Manual - That Anyone Can Benefit From Once They Understand What It Is Saying. All One Can Really Do When They Approach A Text As Old A Mar 16th, 2024The Yoga Sutras An Essential Guide To The Heart Of Yoga ...The Teachings Of Yoga. —Yoga Sutra I.1. Yoga Citta Vritti Nirodhah 30 Essential Yoga Sutras For Inspiration | Yoga Philosophy Patanjali Does This In The First Few Sutras, Giving You The Essence Of What's To Come: "Yoga Is The Progressive Settling Of The Mind Into Silence Jan 11th, 2024. 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