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Yoga in Jainism and Patanjali system

Yama, vows; niyama, observances; asana, postures; pranayama, control of respiration; pratyahara, control of sense organs;

dharana, fixation of mind at one specific point; dhyana, concentration of mind and samadhi, cessation of mind are eight limbs of Patanjali's yoga.

PATANJALI YOGA SUTRAS PDF

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Patanjali Pranayam Rahasya Gujarati

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