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the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions.

Yoga nidra - Wikipedia

Hatha yoga is a branch of Yoga, one of the six schools of Hinduism. 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. Matsyendranath, also known as Minanath or Minapa in Tibet, is celebrated as a saint ...

Hatha yoga - Wikipedia

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twi.bb - Online Twi Dictionary

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