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Patanjali defines yoga as having eight components (अष्टाङ्गम् aṣṭ āṅga, "eight limbs"): "The eight limbs of yoga are yama (abstinences), niyama (observances), asana (yoga postures), pranayama (breath control), pratyahara (withdrawal of the senses), dharana (concentration), dhyana (meditation) and samadhi (absorption)."

### **Yoga Sutras of Patanjali - Wikipedia**

The monthly magazine YOG SANDESH containing articles on Yoga, Ayurveda, Culture, Refinement and Spirituality is published in Hindi, English, Gujarati, Marathi, Punjabi, Bengali, Oriya,

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Patanjali's yoga is also known as 'Astang yoga' (Astang means eight limbed). In Sadhan Pada, Patanjali narrates eight limbs of yoga practice. Interestingly, only one of them deals with physical postures, and that too, mainly with seating positions. The eight limbs are as follows:

## **Yog Sutra : षट्शतिका : षट्शतिका**

Yoga Sutras of Patanjali Swami

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Jnaneshvara Bharati Page 37 of 63. 04. Samyama is the finer tool (3.4-3.6) 3.4 The three processes of dharana, dhyana, and samadhi, when taken together on the same object, place or point is called samyama.

## **Yoga Sutras of Patanjali Interpretive Translation**

Patanjali Yoga Sutras 6 take the upward bend again, and go back to the original source, which is God. Man comes from God in the beginning, in the middle he becomes man, and in the end he goes back to God. This is the method of putting it in the Dualistic form. In the Monistic form you say that man is God, and goes back to Him again.

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The sage Patañjali is said to have attained Samadhi through yogic meditation at the Brahmapureswarar Temple located at Tirupattur, Tamil Nadu, India. Jeeva Samadhi of sage Patanjali, which is now an enclosed meditation hall, can be seen near the Brahma 's shrine within Brahmapureswarar Temple complex.

## **Patanjali - Wikipedia**

Patanjali Yog Peeth, Haridwar Overview. Patanjali Yogpeeth is a medical and research institute in Yoga and Ayurveda, located in Haridwar, Uttarakhand. It is also renowned as one of the largest yoga institutes in India as well as in the world. The institute is named after Rishi Patanjali, who is acclaimed for the invention of Yoga and is Baba Ramdev's flagship project.



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