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Raja Yoga Raja Yoga, as with all of Swami Vivekananda's writing, is in the public domain. It is, however, difficult to find on the internet, except for a text version on Wikipedia. It is this that I have used to create this formatted

### **Raja Yoga - Shards of Consciousness**

Book of the Transcendence "Cosmic History Chronicles" Volume VI 4 CHAPTER 5  
SYNCHROGALACTIC YOGA: THE PRACTICES Synchronogalactic Yoga is a scientific process of self-synchronization that activates our etheric body according

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## **The Yoga Sutras of Patanjali - Integral Yoga Studio**

12 ISHA YOGA - Technologies for Wellbeing 13 In yoga, systems have been indentified . To start with, you work with the body, then you move to the breath, then to the mind, then to the inner self.

## **ISHA YOGA - ISHA Foundation**

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Sahaja Yoga is a religious movement founded in 1970 by Nirmala Srivastava (1923-2011), more widely known as Her Holiness Shri Mataji Nirmala Devi or as "Mother" by her followers, who are called Sahaja yogis.. Sahaja Yoga is not only the name of the movement, but also the meditation technique the movement teaches and the state of awareness that is said to be achieved by the technique.

## **Sahaja Yoga - Wikipedia**

Yoga tuition. Each retreat includes two classes per day with our dedicated in-house teachers. By teaching the core principles of yoga, each class re-calibrate and re-connects mind with body, whilst developing sensitivity and focus.

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