

# Yoga Nidra Script

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*what is yoga yoga basics*

web jul 18 2022 yoga is a practice that allows us to transform and purify our bodies minds and souls it expands our consciousness to help us connect with nature and the universe around us it also gives us greater access to inner resources to teach us about self awareness acceptance compassion patience gratitude forgiveness humility love

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web apr 15 2021 yoga is a mind and body practice various styles of yoga combine physical postures breathing techniques and meditation or relaxation yoga is an ancient practice that may have originated in

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web yoga 'joʊgə listen 1 sanskrit योꣳगो lit yoke or union pronounced jo:ge is a group of physical mental and spiritual practices or disciplines which originated in ancient india and aim to control yoke and still the mind recognizing a detached witness consciousness untouched by the mind chitta and mundane suffering

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