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Yoga (/ ˈj oʊ ˈeɪ ˈj ɔː /; Sanskrit: योग; pronunciation) is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. The term "yoga" in the Western world often denotes ...

### **Yoga - Wikipedia**

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

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Andrea Ferretti and Jason Crandell are a husband and wife team who have been teaching, writing about, and living their yoga for nearly two decades.

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Christie Burnett is an early childhood teacher, presenter, writer and the editor of Childhood 101. More importantly, she is a Mum who believes wholeheartedly in the value of children learning through play, the importance of quality early education, and the togetherness of family.

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