

yoga the universal guide pdf

PRACTICE OF KARMA YOGA By SRI SWAMI SIVANANDA Sri Swami Sivananda Founder of The Divine Life Society SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE

Practice of Karma Yoga - Divine Life Society

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Yoga (/ ˈj oʊ ˈɛ ʃ ɛ ɪ ˈt m /; Sanskrit: à¤à¥à¤—; pronunciation) is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

Yoga - Wikipedia

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