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The Wisdom of Yoga: A Seeker's Guide to Extraordinary Living

the religious practice of ordinary hindus is primarily. karma. the law of moral cause and effect is called law of. ... raja yoga is the yoga of. priest. a brahmin is a. Harappa. a major city of the pre vedic culture of the indus river valley was. mantra. om is a well known example of a. religious teacher.

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The Yoga of Ordinary Living, Robert Thurman, Better Listen!, 1 MP3 CD, 7 Hours 1 Minutes, 2014, \$14.99 Robert A. F. Thurman is Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies at Columbia University in New York City, where he has taught since 1988. He holds the first endowed chair in Indo-Tibetan Buddhist Studies in America.

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Yoga can be adopted as lifestyle for promoting our physical and mental health. Yoga, if introduced at the school level, would help to inculcate healthy habits and lifestyle to achieve good health. The aim of yoga thus, at the school level, is to encourage a positive and healthy lifestyle for physical, mental and emotional health of children.

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