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This originally was prepared as an invited paper for a Seminar on Yoga as a Knowledge System, organized by the Indian Psychology Institute, Pondicherry, India, January 14-17, 2007.

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Yoga (/ ˈj oʊ ˈeɪ ˈtʃ ˈeɪ /; 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 a ...

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