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challenges this  
popular view by  
examining the  
history of yoga,  
focusing on its  
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its dramatically  
changing form and  
significance in the  
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Joseph Alter argues  
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Although in India  
the naturopathy  
and yoga  
disciplines are  
traditionally linked,  
regulated and  
taught as dual  
components of the  
same profession, [ 21 22] yoga

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practice in the  
Australian setting  
is...

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Yoga has come to  
be an icon of Indian  
culture and  
civilization, and it  
is widely regarded  
as being timeless

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India and unchanging.

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yoga is timeless  
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Modern yoga  
consists of a range  
of techniques  
including asanas  
and meditation

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derived from some of the philosophies, teachings and practices of the Yoga school, which is one of the six schools of traditional Hindu philosophies, and organised into a wide variety of schools and denominations. It has been described

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by Elizabeth de  
Michelis as having  
four types, namely:  
Modern

Psychosomatic  
Yoga, as in The  
Yoga Institute;  
Modern

Denominational  
Yoga, as in Brahma  
Kumaris; Modern  
Postural Yoga, as in

*Modern yoga -*  
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#### *Wikipedia* The Body

Yoga in India is a more a meditative technique than the physical workout.

Mindfulness study with the yoga is not considered as the vital part of Western Yoga, while Indian Yoga philosophy focuses on the calmness of mind. According to

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the famous yoga schools of India, Yoga can be a blissful path in making our body unreactive to the emotions like sadness, anger, possessiveness, etc turning your life into a perfect Yogi. Commercialization of Yoga in West

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