

Yoga Sutras Swami J

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Swami Satyananda Saraswati ... Patanjali wrote a small booklet called Raja Yoga Sutras. It focussed on tension. Whether you think too much or you don't think at all, you accumulate tension.

Rid yourself of tension

Sakina Yusuf Khan finds out what it means to be a follower of the Swaminarayan sectIf you happen to be walking through the neighbourhood of Neasden in NorthWest London you can t miss the ...

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