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Lectures from Colombo to Almora (1897) is a book of Swami Vivekananda based on his various lectures. After visiting the West, Vivekananda reached Colombo, British Ceylon (now Sri Lanka) on 15 January 1897.

Lectures from Colombo to Almora - Wikipedia

Sahaja Yoga is a religious movement founded in 1970 by Nirmala Srivastava (1923-2011), more widely known as Her Holiness Shri Mataji Nirmala Devi or as "Mother" by her followers, who are called Sahaja yogis.

Sahaja Yoga - Wikipedia

Timothy Burgin is a Kripalu & Pranakriya trained yoga instructor living and teaching in Asheville, NC. Timothy has studied and taught many styles of yoga and has completed a 500-hour Advanced Pranakriya Yoga training.

History of Yoga â€” Yoga Basics

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Distortion of Yoga Nidra (addendum to the Yoga Nidra article) The distortion of the very high practice of Yoga Nidra is so thorough in the world these days that it seems necessary to make very bright titles just to have the point noticed.

Yoga Nidra: Yogic Conscious Deep Sleep - Yoga Meditation

The Self-Realization Fellowship Lessons are unique among Paramahansa Yogananda's published writings in that they give his step-by-step instructions in the yoga techniques of meditation, concentration, and energization that he taught, including Kriya Yoga.

Paramahansa Yogananda's SRF Lessons for Home Study

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