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integrar el camino de ocho pasos (ashtāṅgayoga), de mayor renuncia y meditación, con las novedosas enseñanzas corporales del Hatha Yoga tñtrico. La idea que subyace tras el apelativo Raja es que este tipo de yoga es superior al Hatha. Este último se dice que lo practican quienes no pueden dedicarse exclusivamente a la sagrada práctica de la renunciación y la meditación. En otras ...

RAJA YOGA - yoga-darshana.com

SWAMI VIVEKANANDA los yogas y el raja yoga LOS YOGAS Bhakti Yoga El Sendero de la Devoción El Bhakti yoga es una verdadera y sincera búsqueda del Señor; una búsqueda que comienza, continua y acaba en el amor. Entre el conocimiento (gñana) y el amor (bhakti), no hay, realmente, tanta diferencia como algunas veces la gente se imagina. La gran ventaja del bhakti es que constituye el camino ...

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Yesterday I finished up with this month's assigned reading: The Royal Path: Practical Lessons on Yoga, by Swami Rama. This slim volume is a guide to Ashtanga Yoga: "ashtanga" means "eight", so "ashtanga yoga" is the "eightfold path" of classical yoga described by Patanjali in the Yoga Sutras.

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