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Tue, 07 Aug 2018 07:05:00 GMT - Yoga (/ ˈj oʊ ˈɡɑː /; Sanskrit: àààààà—; 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 philosophy. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and RÄ