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Sat, 15 Sep 2018 15:51:00 GMT - Yoga (/ Ëˆ j oÊŠ É¡ É™ /; Sanskrit: à¤¯à¥‹à¤—; 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 best-known types of yoga are Hatha yoga and RÄ