

# How To Know God The Yoga Aphorisms Of Patanjali

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瑜伽是一种古老的身心练习，通过身体姿势、呼吸控制和冥想，帮助人们达到身心平衡。瑜伽的好处包括减轻压力、改善睡眠、增强体质等。瑜伽分为许多流派，如哈他瑜伽、阿斯汤加瑜伽、维尼瑜伽等。瑜伽在中国有着悠久的历史，近年来在中国得到了广泛的关注和实践。

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