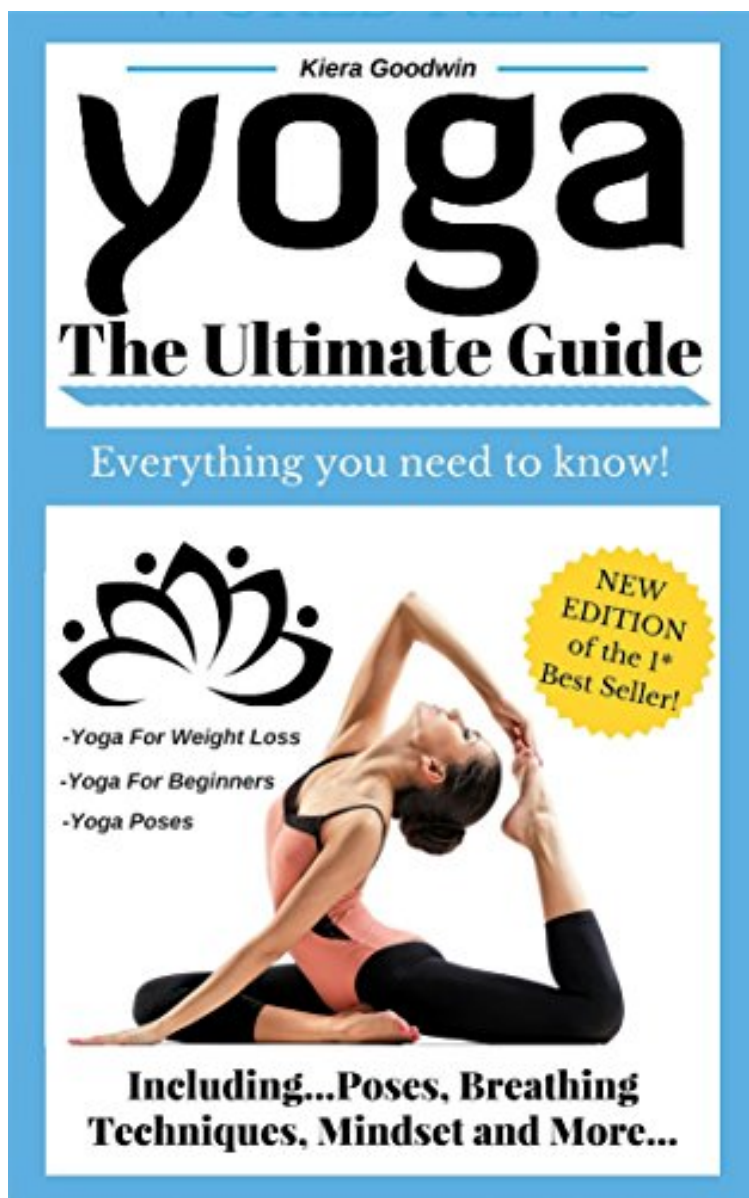


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originated from the East, particularly India. It is believed that, the yesteryear's enlightened masters made
yogic methods with direction from Gods themselves. Although, a lot of books were written on this topic,
these methods were protected in concealment until now and the knowledge was conveyed from generation to
generation, only through the word-of-mouth. These yogic methods were so influential that profound secrecy
is needed to prevent these methods from ending up in the wrong hands that can be tragic.But these days,
were very lucky that yogis have become more flexible. Enlightened masters have seen that in todays world, a
hopeful student would not have enough patience or time to learn yoga the way it used to. Just think about it,
what do you think would happen if Yoga is forgotten just because people dont have enough time for it? The
world would lose an incredible spiritual science that brings a positive effect on the humanity. Thinking about
this situation and its outcomes, the yogis have created fast methods of yoga appropriate for the present
worlds condition. But are these modern forms of Yoga effective? Of course! To be expected, yoga used to be
slow in the past, but scientifically developed to be fast and result-oriented at present.Here Is A Insight Of

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