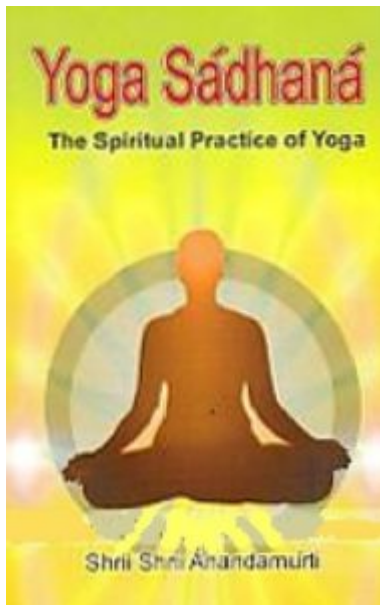


# Yoga Sadhana: The Spiritual Practice of Yoga



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Yoga Sadhana: The Spiritual Practice of Yoga by Shrii Shrii Anandamurti

Yoga in its true sense is the unification of the unit consciousness with Supreme Consciousness; and the practices developed over millennia to achieve that unification are correctly called yoga sadhana.

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