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Yoga are studied in the light of both ancient and modern thought it is much easier for the student to understand and appreciate them. The discoveries made in the field of Science are especially helpful in enabling the student to understand certain facts of Yogic life, for there is a certain analogous relationship between the laws of higher life

Taimni - The Science of Yoga

Vidya (science of Yoga) and Yoga-Vidhi (the technological know how) of Yoga. The pure science of Yoga is Adhyatma Vidya (science of man in depth) while, the technology or applied science (rules of Yoga practice) that is, the technology of unification or integration, is called Yoga-Vidhi.

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