



NGM College

Pollachi - 642 001



YOGASANAS



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"Concentration, meditation, reflection - these three constitute samyama - detached awareness through mastery of samyama the essence of wisdom is illuminated". - Patanjali Maharishi

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear" - Buddha

"A living body is not merely an integration of limbs and flesh but it is the abode of the soul which potentially has perfect perception, perfect knowledge, perfect power and perfect bliss." - Mahavira

"Health is a dynamic state of complete physical, mental, spiritual and social well being and not merely the absence of disease or infirmity" - WHO

