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Yoga philosophy Wikipedia

Yoga philosophy is one of the six major orthodox schools of Hinduism. Ancient, medieval and most modern literature often refers to the Yoga school of Hinduism simply as Yoga. It is closely related to the Samkhya school of Hinduism. The Yoga school's systematic studies to better oneself physically, mentally and spiritually has influenced all other schools of Indian philosophy.

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Yoga Philosophy Swami Chidatman Jee Maharaj Anmol

The Patanjala Yoga philosophy, which is one of the six systems constituting Vedic philosophy, is also known as Asthanga Yoga (The yoga of eight parts or limbs) and is closely related to Sankhya and Vedantic philosophy.

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