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Tibetan Yoga Of Movement Art

Yoga (/ ' j oʊ g ə / ());
Sanskrit: योग, lit. 'yoke'
or 'union' pronounced)
is a group of physical,

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mental, and spiritual practices or disciplines which originated in ancient India and aim to control (yoke) and still the mind, recognizing a detached witness-consciousness untouched by the mind and mundane suffering (). There is a wide variety of schools of yoga, practices, and goals in ...

Yoga - Wikipedia

Dzogchen (Wylie:

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rdzogs chen, "Great Perfection" or "Great Completion"), also known as atiyoga (utmost yoga), is a tradition of teachings in Indo-Tibetan Buddhism aimed at discovering and continuing in the ultimate ground of existence. The primordial ground (ghzi, "basis") is said to have the qualities of purity (i.e. emptiness), spontaneity (lhun grub,

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