



# The Hatha-Yoga and Raja-Yoga of India: Theosophical Classics

*Annie Besant*

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## **The Hatha-Yoga and Raja-Yoga of India: Theosophical Classics** Annie Besant

Annie Besant was a writer, lecturer, prominent Theosophist, and women's rights activist of her time. She was a frequent contributor to various Theosophical publications of her day. This particular piece, originally published in 1906, is an examination and comparison of the two principle types of yoga in India, the Hatha, for the body and the Raja for the mind.

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