

# My Body Is A Temple Yoga As A Path To Wholeness

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[108 Upanishads - Gita Society](#)

Hindu Temple, Indonesia Compiled by Richard Sheppard ... study the 32 Upanishads and stop. If desiring Moksha without the body, read the 108 Upanishads. Hear their order. (Muktika I-1-26-29). Kaivalya: Emancipation; state of absolute independence. ... Yoga-kundali 87. Bhasma 88. Rudraksha 89. Ganapati 90. Darsana 91. Tarasara 92. Mahavakya 93 ...

## CREATING A HEALTHIER LIFE - Substance Abuse and Mental ...

A healthy body. Good physical health habits. Nutrition, exercise, and appropriate health care. These make up the physical dimension of wellness. A few ways we can get there might be choosing things that make our body feel good and trimming back the things that bring us down. We can also feel better by creating a routine that balances activity with