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The Yoga Sutra was compiled sometime between 500 BCE and 400 CE by the sage Patanjali in India who synthesized and organized knowledge about yoga from much older traditions. [1] [2] [3] The Yoga Sūtra of Patañjali was the most translated ancient Indian text in the medieval era, having been translated into about forty Indian languages and two non-Indian languages: Old Javanese and Arabic . [4]

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