Twitter Thread by Shivangi Jha



Shivangi Jha
@SHIVAanEVAN

Until now you've seen amazing informative tweets of @hathyogi31 but now he'll be flowing the stream of his knowledge through YouTube videos..

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Jai Shree Ram

Some of his tweets are..
https://t.co/WaK6v1QwNe

> Do you know, the origin of the Goddess Kali pic.twitter.com/jwPoEQ9qKw
>
> — Hathyogi (@hathyogi31) December 3, 2021

https://t.co/fyQhQYRpqL

> Question which may never be answered on TV, even if they make hundreds of series on Mahadev- pic.twitter.com/6KbQaFzj9A
>
> — Hathyogi (@hathyogi31) December 2, 2021

https://t.co/yyEgBchz4i

> Basics about chakra and nadis pic.twitter.com/9hAtIwAEtD
>
> — Hathyogi (@hathyogi31) November 29, 2021

https://t.co/kS3VLstKF1

> Surya Namaskar is considered as the \u2018king\u2019 of asan practice. It has a beautiful weave of the physical, emotional/psychological, spiritual aspects of our being.

It contain total 12 yoga through which we have exercise for our whole body. pic.twitter.com/rU8BjkrAkF

— Hathyogi (@hathyogi31) November 23, 2021