

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/fyQhQYRpgL>

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/9hAtlwAEtD>

— 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](#)