

44 800 098 7825

23 (number)

$$976\,656\,429\,941\,438\,590\,393\,M\,109 = 649 \dots 511 = 745\,988\,807 \times 870\,035\,986\,098\,720\,987\,332\,873$$

\displaystyle {\begin{aligned}M_{103}&=101\ldots

23 (twenty-three) is the natural number following 22 and preceding 24. It is a prime number.

List of mountains in the Philippines

Benguet Cordillera Central 16°40′48″N 120°46′57″E﻿ / ﻿16.68°N 120.7825°E﻿ / 16.68; 120.7825 (*Mount Nangaoto*) *Mount Nangtud (Nangtod)* 2,049 m *Capiz, Antique*

The following is an incomplete list of mountains in the Philippines. Several of these are volcanoes, formed by subducting tectonic plates surrounding the archipelago.

Yoga as exercise

Hindu-Christian Studies. 25 (1). Butler University, Irwin Library. doi:10.7825/2164-6279.1510. Jain 2015, p. 19. Farmer, Jared (2012). *"Americanasana"*.

Yoga as exercise is a physical activity consisting mainly of postures, often connected by flowing sequences, sometimes accompanied by breathing exercises, and frequently ending with relaxation lying down or meditation. Yoga in this form has become familiar across the world, especially in the US and Europe. It is derived from medieval Haṭha yoga, which made use of similar postures, but it is generally simply called "yoga". Academic research has given yoga as exercise a variety of names, including modern postural yoga and transnational anglophone yoga.

Postures were not central in any of the older traditions of yoga; posture practice was revived in the 1920s by yoga gurus including Yogendra and Kuvalayananda, who emphasised its health benefits. The flowing sequences of Surya Namaskar (Salute to the Sun) were pioneered by the Rajah of Aundh, Bhawanrao Shrinivasrao Pant Pratinidhi, in the 1920s. It and many standing poses used in gymnastics were incorporated into yoga by the yoga teacher Krishnamacharya in Mysore from the 1930s to the 1950s. Several of his students went on to found influential schools of yoga: Pattabhi Jois created Ashtanga Vinyasa Yoga, which in turn led to Power Yoga; B. K. S. Iyengar created Iyengar Yoga, and defined a modern set of yoga postures in his 1966 book *Light on Yoga*; and Indra Devi taught yoga as exercise to many celebrities in Hollywood. Other major schools founded in the 20th century include Bikram Yoga and Sivananda Yoga. Yoga as exercise spread across America and Europe, and then the rest of the world.

Yoga as exercise primarily involves practicing asanas (poses), which have evolved from just a few described in early Hatha yoga texts (2–84 poses) to thousands in modern works (up to 2,100). Asanas are categorized by body position, movement type, or intended effect. Various modern yoga styles emphasize different aspects such as aerobic intensity (Bikram Yoga), alignment (Iyengar Yoga), spirituality (Sivananda Yoga), or energy awakening (Kundalini Yoga). Many contemporary teachers create unbranded blends of styles, especially in Western countries.

Haṭha yoga's non-postural practices such as its purifications are much reduced or absent in yoga as exercise. The term "hatha yoga" is also in use with a different meaning, a gentle unbranded yoga practice, independent of the major schools, often mainly for women. Practices vary from wholly secular, for exercise and relaxation, through to undoubtedly spiritual, whether in traditions like Sivananda Yoga or in personal rituals. Yoga as exercise's relationship to Hinduism is complex and contested; some Christians have rejected it on the

grounds that it is covertly Hindu, while the "Take Back Yoga" campaign insisted that it was necessarily connected to Hinduism. Scholars have identified multiple trends in the changing nature of yoga since the end of the 19th century. Yoga as exercise has developed into a worldwide multi-billion dollar business, involving classes, certification of teachers, clothing such as yoga pants, books, videos, equipment including yoga mats, and yoga tourism.

List of exoplanets discovered in 2020

2020). *"A giant planet candidate transiting a white dwarf"*. *Nature*. 585 (7825): 363–367. *arXiv:2009.07282*. *Bibcode:2020Natur.585..363V*. *doi:10.1038/s41586-020-2713-y*

This list of exoplanets discovered in 2020 is a list of confirmed exoplanets that were first observed in 2020.

For exoplanets detected only by radial velocity, the listed value for mass is a lower limit. See Minimum mass for more information.

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