

### **yoga expression spirit tools pdf**

Kundalini (Sanskrit: कूटबिन्दु, pronounced [kuáˈt̪áːlin̪]), pronunciation (help · info), "coiled one"), in Hinduism refers to a form of primal energy (or shakti ...

### **Kundalini - Wikipedia**

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### **Yoga Sutras of Patanjali - Wikipedia**

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