

# Asana Pranayama Mudra Bandha 2008 Fourth Revised Edition

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## Kundalini Wikipedia

- Kundalini Sanskrit कूटबिन्दुः शक्तिः कुंडलिनी प्रवृत्तिः कुंडलिनी प्रवृत्तिः कुंडलिनी प्रवृत्तिः कुंडलिनी प्रवृत्तिः  
pronunciation help info coiled one in Hinduism refers to a form of primal energy or shakti said to be located at the base of the spine