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## Open Heart Kundalini Yoga Datta

**kundalini yoga beginner's set - an open source project** - kundalini yoga is a dynamic blend of exercises, postures, breath and meditation to fulfill your need to improve, expand, refresh and rejuvenate in a fast paced world that is in **kundalini yoga - sbss** - 33 8. remain in rock pose and reach one arm forward as if reaching out and grabbing energy. then pull it back in, while reaching forward with the other arm. **yogic anatomyÑ the ten bodies - kundalini yoga, sat nam ...** - kri international teachertraining manual level 1 ¥ 203 ¥ yogic anatomy & energy copyright yogibhajan 2003 first of all, you don't know you have ten bodies. **part ii: methodology and techniques of kriya yoga** - part ii: methodology and techniques of kriya yoga disclaimer the techniques described herein are exposed for study purposes only and should serve as a comparison with the works of other researchers.

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