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comprehensive and concise foundation for the practice and teaching of Hatha Yoga. This manual is inspired by a non-dual, Tantric philosophy that all of us, in all our various forms, ... The Wisdom Of Yoga. 2006 (DVD). Sell, Christina. Yoga from the Inside Out, Prescott, Arizona: Hohm Press, 2003.

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condemned this monopoly of the Brahmins, and taught that the Lord could only be known by Jnana Yoga, wisdom born of self-knowledge, meditation and other spiritual practices, particularly through Kundalini Yoga. Many in the orthodox caste, the

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