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## *Yoga - Wikipedia*

The Yoga-Kundalini Upanishad is listed in the Muktika canon of 108 Upanishads. Since this canon was fixed in the year 1656, the Yoga-Kundalini Upanishad was compiled in the first half of the 17th century at the latest. [citation needed] Other Sanskrit texts treat kundalini as a technical term in tantric yoga, such as the *śa-  
cakra-nir<sup>?</sup>pana* and the *P<sup>?</sup>duk<sup>?</sup>-  
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## *Kundalini yoga - Wikipedia*

He illuminates every facet and phase of yoga from its roots in shamanism to its connections to the complex and

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