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The gheranda samhita: the original sanskrit and an english translation

color, a shape, a location in the body, and a mantra, but these are confused and omitted in the Gheranda Samhita. In verse 3.62, for example, the wind element

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Gheranda samhita - the universal path

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What is gheranda samhita? - definition from yogapedia

"Gheranda Samhita," or "Gheranda's Collection," is one of three important texts on classic Hatha yoga, along with the "Hatha Yoga Pradipika" and the "Shiva

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