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Asana Pranayama Mudra Bandha is recognized internationally as one of the most systematic yoga manuals available today. Since its first publication by the [Mula Bandha Yogawiki - wiki.yoga-vidya.de](http://wiki.yoga-vidya.de)

Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha; Seminare zum Thema Mulabandha. Mulabandha ist ein Sanskritwort. ber die Sanskrit Schrift.

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Yoga has become synonymous with asanas, however the entire practice of Yoga is based on practices of awareness (Kriyas). Pranayama, Mudra and Bandhas are

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