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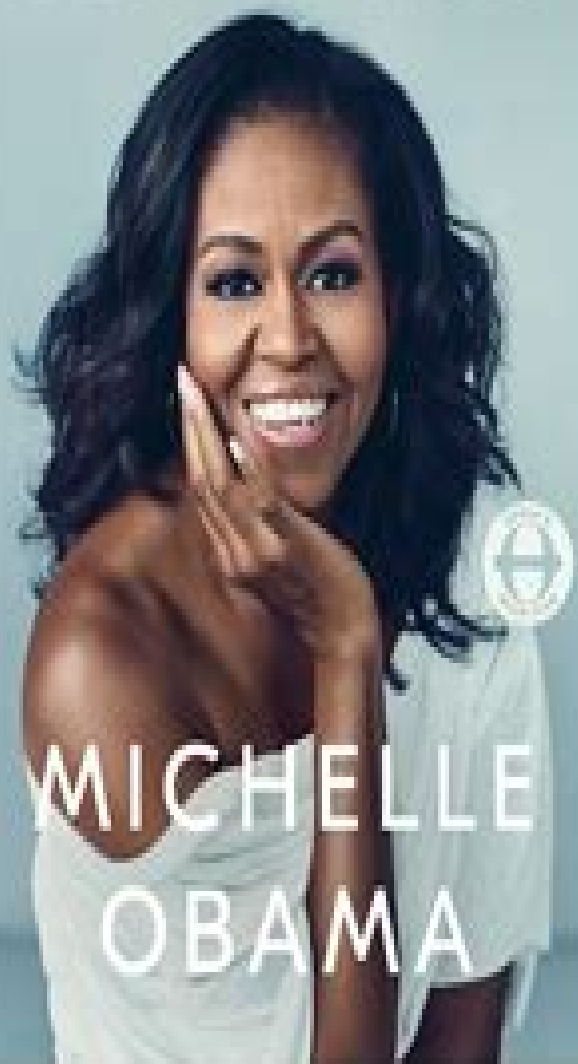


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web kundalini yoga is influenced by shaktism and tantra schools of hinduism it derives its name from its focus upon the awakening of kundalini energy through regular practice of mantra tantra yantra asanas or meditation 4 5 etymology the concept of kundalini is mentioned in the upanishads 9th 7th centuries bce 6