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Note: Specific types of *âsanas* (e.g., *vriksha-âsana*), *bandhas*, *cakras*, *mantras*, *mudrâs*, *prânâyâmas*, *samâdhis*, and so on, are indexed as subheadings under the main headings for each of these topics. Some, but not all, specific types also are indexed as main headings.

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