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Shakta Kaur Khalsa has practiced and taught yoga since 1975 and is certified as a Kundalini yoga instructor. including Fly Like A Butterfly: Yoga For Children,

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Shakta Kaur Khalsa. and a member of Yoga Alliance. Shakta is she is the author of Kundalini Yoga and KISS Guide to Yoga (both for DK), and Fly Like A

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Shakta Kaur Khalsa. Shakta Kaur Khalsa has been practicing and teaching yoga for over three decades. She is a certified Kundalini Yoga instructor and an AMS certified

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