

# The Eight Human Talents By Gurmukh, Cathryn Michon



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Gurmukh Kaur Khalsa is a teacher of Kundalini Yoga as taught by Yogi Bhajan and a pioneer Gurmukh Kaur Khalsa, Eight Human Talents: The Yoga Way to Restore the Balance and Serenity Within You, New York, Harper Collins, 2000.

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