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### **Guru - Wikipedia**

Guru Nanak ([ˈnʌnək], pronunciation, IAST: GurÅ« NÄ•nak) (29 November 1469 – 22 September 1539) was the founder of Sikhism and the first of the ten Sikh Gurus.

### **Guru Nanak - Wikipedia**

The Hatha Yoga Pradipika The Original Sanskrit Svatmarama An English Translation Brian Dana Akers  
YogaVidya.com

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