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November 4th, 2018 - Early references The ancient concept of prana is described in many Hindu texts including Upanishads and Vedas One of the earliest references to prana is from the 3 000 year old Chandogya Upanishad but many other Upanishads use the concept including the Katha Mundaka and Prasna Upanishads The concept is elaborated upon in great detail in the practices and literature of haá¹-ha yoga

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