

Yoga Sets Meditations Classic Kriyas From The Early Years Of Kundalini Yoga As

Kundalini Yoga is a powerful and transformative practice that can help you to achieve your full potential. This book is a compilation of yoga sets, meditations, and classic kriyas from the early years of Kundalini Yoga as taught by Yogi Bhanan. These practices are designed to help you develop a strong foundation in Kundalini Yoga and to experience the many benefits it has to offer.

What is Kundalini Yoga?

Kundalini Yoga is a practice that originated in India thousands of years ago. It is a system of yoga that uses physical postures, breathing exercises, mudras (hand positions), and mantras (sacred sounds) to awaken the kundalini energy that lies dormant at the base of the spine. Kundalini energy is a powerful force that can help you to achieve your full potential.



Kriya: Yoga Sets, Meditations & Classic Kriyas from the early years of Kundalini Yoga as taught by Yogi Bhanan

★★★★☆ 4.7 out of 5

Language : English
File size : 29244 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 744 pages



The benefits of Kundalini Yoga

There are many benefits to practicing Kundalini Yoga, including:

* Increased flexibility and strength * Improved balance and coordination *
Reduced stress and anxiety * Increased energy and vitality * Improved
mental clarity and focus * A deeper connection to your spiritual self

The Yoga Sets, Meditations, and Kriyas in this Book

The yoga sets, meditations, and kriyas in this book are designed to help you develop a strong foundation in Kundalini Yoga. They are suitable for both beginners and experienced practitioners.

The yoga sets are a series of physical postures that are designed to work on specific areas of the body. The meditations are designed to help you relax and focus your mind. The kriyas are more challenging practices that are used to awaken the kundalini energy.

How to Use this Book

You can use this book in a variety of ways. You can read it cover to cover, or you can choose to focus on the specific practices that you are interested in. You can also use the book as a reference guide to help you learn more about Kundalini Yoga.

Kundalini Yoga is a powerful and transformative practice that can help you to achieve your full potential. This book is a valuable resource that can help you get started with Kundalini Yoga.



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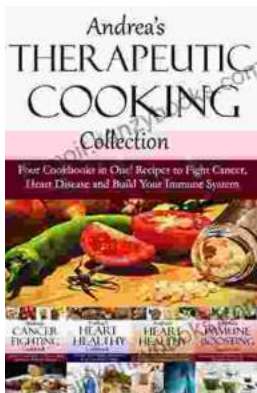
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