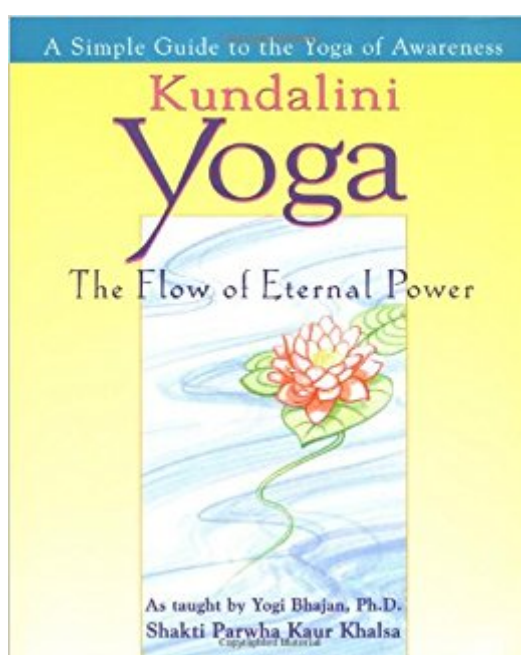


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Kundalini Yoga: The Flow Of Eternal Power: A Simple Guide To The Yoga Of Awareness As Taught By Yogi Bhajan, Ph.D.



Synopsis

The practice of Kundalini yoga aims to unlock and awaken the radiant transformative energy that exists within every person. This book is the perfect introduction to the fundamentals of a Kundalini practice. Taught for thousands of years and brought to the West by Yogi Bajan, Kundalini is a powerful mind-body style of yoga. When practiced regularly, Kundalini yoga can strengthen the nervous system, balance the glandular system, and harness the energy of the mind, emotions, and body, and is surprisingly simple to learn. While general yoga technique focuses on exercise postures and breathing, Kundalini takes the process a step further by integrating yoga into everyday life activities. This definitive guide, fully illustrated with photographs, is an accessible introduction to the ancient practice of Kundalini yoga, with information on poses and positions, diet and lifestyle, breathing and stretching techniques, chanting and meditation exercises, and general guidelines that can help anyone—beginner or advanced—gain the greatest benefit from the practice of yoga.

Book Information

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Customer Reviews

Kundalini Yoga: A Simple Guide to the Yoga of Awareness is an introduction to living your life with more awareness and spirituality, as well as a guide to the principles of this form of yoga as taught by Yogi Bajan, the author's teacher. Kundalini yoga includes habits and practices that "balance the glandular system, strengthen the nervous system, and enable us to harness the energy of the mind and the emotions," explains the author. She clearly explains many facets of this kundalini lifestyle:

breathing (including breathing exercises), spirituality, food choices and preparation, chants and meditations, the chakras (energy centers in the body), self-healing, sleep, communication, and using yoga postures for health. This is not an exercise book of yoga postures--although several are illustrated--but a guidebook toward a more spiritual path. "Spirituality cannot be taught. It has to be caught, you have to get it from someone who's got it." The book describes the path to a more spiritual life using kundalini yoga philosophy and practice. You don't have to move to a cave to adopt these practices--the author shows you how you can use them to balance even a busy, modern lifestyle. -- Joan Price

Shakti Parwha Kaur Khalsa was the first woman to study with Yogi Bhajan in the United States. Bhajan is the leader of the Sikh religion in the West and the founder of 3HO (Healthy, Happy, Holy Organization), which has 300 Kundalini Yoga centers around the world. Shakti has been teaching Kundalini Yoga for nearly 30 years, and was ordained as a minister of the Sikh Dharma in 1974.

This book is a great, easy to understand, introduction to Kundalini Yoga as taught by Yogi Bhajan. Even though this is not a book full of yoga sets and meditations, it has enough to get you started. More importantly it will give the foundation for the teachings and practices so you understand why you're doing what you're doing. I constantly go back to this book for a few shorter and fun yoga sets, and to refresh on the basics. It's a great book to have in your library, and feel it's a good beginners and seasoned practitioners alike.

I love Tommy Rosen- he introduced me to Kundilini Yoga and since I am at the very beginning of learning this amazing art- I bought this book. It really delivers for beginners- Very clear and understandable guides and instructions from mantra to breathing to poses. It's an all around amazing experience... I would recommend for anyone starting out in yoga.

Good quality fast shipping.

Great book for all the essentials for the beginner in Kundalini. Contains many mantras and mudras used in this type of yoga. Explains the practice in simple terms and the author has a great sense of humor!

I had a great experience... book was in perfect/new condition for such a great price. I did think it

took a little longer than normal to get here... wish it wouldve been a little more timely... but was very happy once I received the book!The book itself... I already had the opp to borrow from my yoga teacher for a few weeks and knew it was a GEM... thats why I purchased it for myself. It's absolutely AMAZING -- as far as the practice itself, how simply Shakti explains it and makes it easy to read and follow and actually DO the practice and exercises. I've already recommended it to half a dozen ppl and will be purchasing a few as gifts... its truly a wonderful book... I cannot say enough about it!!Francine

Great.

Awesome book!!!!!!

An excellent book! I first checked this book out from the library for 2 months. It has such great explanations, meditations and yoga sets. I was copying things from the book.I was thrilled to learn I could buy one off of .com! I am very happy with this purchase!

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