

kundalini yoga for beginners

The Energetic Awakening: A Comprehensive Guide to Kundalini Yoga for Beginners

kundalini yoga for beginners offers a profound pathway to self-discovery, energy cultivation, and holistic well-being. This ancient practice, often misunderstood, is more accessible than many realize, providing tangible benefits for both mind and body. In this guide, we will demystify Kundalini yoga, exploring its core principles, essential practices, and how to embark on your journey safely and effectively. We will cover what Kundalini yoga is, its unique benefits, the fundamental elements like kriyas and mantras, and practical advice for starting your practice. Whether you are seeking stress reduction, increased vitality, or a deeper spiritual connection, this comprehensive resource is designed to illuminate the path for you.

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What is Kundalini Yoga?

Kundalini yoga, often referred to as the "yoga of awareness," is a dynamic and powerful form of yoga that focuses on awakening the dormant spiritual energy, known as Kundalini, believed to reside at the base of the spine. This ancient tradition, originating in India thousands of years ago, combines physical postures (asanas), dynamic breathing techniques (pranayama), chanting (mantra), meditation, and hand gestures (mudras) to create a holistic experience. Unlike some more physically demanding styles of yoga, Kundalini emphasizes the internal flow of energy and the transformation of consciousness.

The core aim of Kundalini yoga is to unlock this potent energy, allowing it to ascend through the chakras, or energy centers, along the spine. This awakening is said to lead to heightened awareness, expanded consciousness, increased vitality, and a profound sense of inner peace and well-being. It is a practice that seeks to integrate the physical, mental, and spiritual aspects of the individual, fostering a state of balance and harmony.

Key Benefits of Kundalini Yoga for Beginners

Embarking on a Kundalini yoga practice as a beginner can yield a multitude of transformative benefits that extend far beyond the physical. The unique combination of breath, movement, and sound works synergistically to create profound changes within the practitioner. These benefits are not merely theoretical; they are experienced through consistent practice and offer a robust toolkit for navigating the challenges of modern life.

Stress Reduction and Mental Clarity

One of the most immediate and appreciated benefits of Kundalini yoga for beginners is its remarkable ability to alleviate stress and anxiety. The focused breathwork and meditative aspects of the practice help to calm the nervous system, reducing the production of stress hormones like cortisol. This leads to a greater sense of mental clarity, improved focus, and a more resilient emotional state, making it easier to handle daily pressures.

Increased Vitality and Energy Levels

Kundalini yoga is renowned for its ability to boost energy levels and combat fatigue. By stimulating the flow of energy throughout the body and awakening the Kundalini force, practitioners often experience a significant increase in vitality and stamina. This is not the jittery energy of caffeine, but a sustainable, inner radiance that permeates the being, enhancing overall physical and mental performance.

Enhanced Physical Health

While not solely focused on physical prowess, Kundalini yoga offers substantial physical health benefits. The dynamic movements and breathwork can improve cardiovascular health, strengthen the immune system, and detoxify the body. Many students report improved digestion, better sleep quality, and a greater sense of physical well-being and strength after incorporating Kundalini yoga into their routines.

Emotional Balance and Self-Awareness

The practice actively works to release suppressed emotions and cultivate a deeper connection with one's inner self. Through focused meditation and specific kriyas (sets of exercises), practitioners can gain a better understanding of their emotional patterns, leading to greater self-acceptance and emotional resilience. This heightened self-awareness is crucial for personal growth and making conscious choices aligned with one's true desires.

Spiritual Growth and Connection

At its heart, Kundalini yoga is a spiritual practice. It facilitates a connection to a deeper aspect of oneself and the universe. As the Kundalini energy awakens and moves through the chakras, it can lead to profound spiritual insights, a sense of interconnectedness, and a more expansive perspective on life. This journey of self-discovery is a cornerstone of the Kundalini experience.

Core Elements of a Kundalini Yoga Practice

A Kundalini yoga class or personal practice is a rich tapestry woven from several integral components. Each element plays a vital role in facilitating the awakening and balancing of the body's energy systems. Understanding these core elements is fundamental for any beginner seeking to grasp the essence of this practice.

Kriyas: The Blueprint of Practice

Kriyas are specific, sequential sets of postures, breathwork, mantra, and meditation designed to achieve a particular outcome or energetic effect. They are the structured sequences that form the backbone of a Kundalini yoga class. A kriya might be designed to strengthen the nervous system, balance the glandular system, or open the heart chakra, for instance. Each kriya has a specific energetic signature and purpose, guiding the practitioner through a transformative process.

Pranayama: The Breath of Life

Breath, or pranayama, is the life force that fuels Kundalini yoga. Specific breathing techniques are used to manipulate and direct this energy. Common pranayamas include Breath of Fire (a rapid, rhythmic expulsion and inhalation from the diaphragm) and Alternate Nostril Breathing. The breath is not just for oxygenation; it's a powerful tool for clearing the mind, energizing the body, and influencing emotional states.

Mantras: The Sacred Sound Current

Mantras are sacred sounds or phrases that are chanted aloud or mentally repeated. They are used to focus the mind, shift consciousness, and create specific energetic vibrations. The repetition of mantras can help to bypass the analytical mind and connect with deeper states of awareness. Examples include "Sat Nam" (Truth is my identity) and the "Adi Mantra" (Ong Namo Guru Dev Namo), which is chanted to set the intention and connect with the lineage of Kundalini teachers.

Asanas: Physical Embodiment

While Kundalini yoga incorporates physical postures, they are often held for longer durations and performed with specific breathwork and energetic locks (bandhas) than in some other yoga styles. The asanas are chosen and sequenced within kriyas to stimulate specific energy pathways and points in the body, preparing it for the energetic shifts that Kundalini yoga facilitates.

Meditation: Stillness and Awareness

Meditation is a crucial component, often concluding a kriya or forming the centerpiece of a practice. Kundalini meditations can range from simple awareness exercises to more complex visualization and mantra-based techniques. They are designed to deepen inner stillness, cultivate concentration, and

allow the practitioner to integrate the energetic shifts experienced during the practice.

Mudras: The Energetic Seals

Mudras are symbolic hand gestures that are used to direct the flow of energy within the body. They are often incorporated into asanas or meditation to seal in the energy cultivated or to evoke specific mental states. For example, Gyan Mudra (thumb and index finger touching) is often used to enhance wisdom and intuition.

Getting Started with Kundalini Yoga: Practical Tips

Starting any new practice can feel daunting, but Kundalini yoga for beginners is designed to be accessible with a few key considerations. The focus is on gentle exploration and consistent application rather than immediate perfection. Here are some practical tips to help you begin your journey with confidence and ease.

Find a Qualified Instructor and Studio

The best way to begin is by attending classes with a certified Kundalini yoga instructor. They can guide you through the proper techniques, explain the nuances of the practice, and ensure you are performing movements and breathwork safely. Look for instructors who are certified by reputable Kundalini yoga organizations.

Start Slowly and Listen to Your Body

It is essential to honor your body's limits. Kundalini yoga can be physically and energetically intense. Do not push yourself beyond what feels comfortable, especially when you are new. Focus on gentle awareness and gradually increase the duration or intensity of postures and breathwork as you become stronger and more accustomed to the practice.

Wear Comfortable Clothing

Opt for comfortable, loose-fitting clothing that allows for freedom of movement. Many Kundalini practitioners choose white clothing, which is believed to enhance the aura and radiate energy, but this is a personal choice and not a requirement for beginners. Ensure your attire is appropriate for dynamic movement and deep breathing.

Create a Dedicated Practice Space

If practicing at home, designate a quiet, clean space where you can practice without interruption. This helps in creating a sacred atmosphere and fostering a sense of focus and dedication. Ensure you have a yoga mat and any props you might need, such as a blanket or cushion for seated meditations.

Be Open to the Experience

Kundalini yoga can bring about unique sensations and experiences, including emotional releases, tingling, warmth, or deep states of relaxation. Approach the practice with an open mind and heart, allowing yourself to experience whatever arises without judgment. The intention is not to force a specific outcome but to allow the energy to flow and transform.

Consistency is Key

Like any skill or practice, regular engagement is crucial for experiencing the full benefits of Kundalini yoga. Aim for short, consistent practices rather than infrequent, long sessions. Even 15-20 minutes a few times a week can make a significant difference in your energy levels, mental clarity, and overall well-being.

Common Kundalini Yoga Poses (Asanas) for Beginners

While Kundalini yoga is known for its dynamic kriyas, it also incorporates fundamental postures that build strength, flexibility, and energetic awareness. For beginners, focusing on a few key asanas can provide a solid foundation. These poses are often integrated into longer sequences, but understanding them individually is beneficial.

Easy Pose (Sukhasana)

This is a foundational seated posture, perfect for meditation and breathwork. Sit cross-legged with a straight spine. If comfortable, place each foot against the opposite thigh. Use a cushion if needed to elevate the hips, allowing the spine to remain upright naturally. This pose promotes grounding and stillness.

Easy Pose with Hands on Knees

From Sukhasana, place your hands on your knees. This is often the starting point for breathwork exercises. It encourages an upright posture, which is vital for the flow of prana (life force energy) and Kundalini.

Staff Pose (Dandasana)

Sit on the floor with your legs extended straight in front of you. Flex your feet, pressing your heels away and drawing your toes towards you. Engage your thigh muscles. Place your hands on the floor beside your hips, fingers pointing forward. Press into your hands to lengthen your spine, drawing your shoulders down and back. This pose strengthens the core and improves posture.

Cobra Pose (Bhujangasana)

Lie on your stomach with your legs extended and the tops of your feet on the floor. Place your hands under your shoulders, fingers pointing forward, elbows tucked close to your body. Inhale and lift your head and chest off the floor, using the strength of your back muscles. Keep your pubic bone pressing into the mat. This pose opens the chest and stimulates the heart chakra.

Corpse Pose (Savasana)

This is the final resting pose. Lie flat on your back with your legs extended and arms by your sides, palms facing up. Allow your body to completely relax into the mat. This pose is crucial for integrating the energy and benefits of the practice. It is a time for deep rest and rejuvenation.

Cat-Cow Pose (Marjaryasana-Bitilasana)

Begin on your hands and knees, with hands directly under shoulders and knees under hips. As you inhale, drop your belly, arch your back, and lift your head and tailbone (Cow Pose). As you exhale, round your spine towards the ceiling, tuck your chin to your chest, and let your head hang (Cat Pose). This gentle flow warms the spine and improves spinal flexibility.

The Role of Breathwork (Pranayama) in Kundalini Yoga

Breathwork, or pranayama, is not merely a passive act of breathing in Kundalini yoga; it is an active, powerful tool used to manipulate and direct vital energy (prana). The breath is considered the vehicle for the Kundalini energy and is central to awakening and guiding it. Specific breathing techniques are meticulously integrated into kriyas to achieve profound effects on the mind, body, and spirit.

Breath of Fire (Agni Pran)

This is one of the most recognizable and potent pranayamas in Kundalini yoga. It involves rapid, rhythmic inhalations and exhalations through the nose, originating from the diaphragm. The focus is on forceful expulsion of air from the navel point. Breath of Fire purifies the blood, strengthens the nervous system, stimulates the glandular system, and boosts vitality. It can feel intense initially but is highly energizing once mastered.

Long Deep Breathing

This is a slower, more meditative form of breathing where the inhale and exhale are both deep and prolonged, typically through the nose. It helps to calm the nervous system, reduce stress, and promote relaxation. It is often used at the beginning or end of a practice to center the mind and body.

Alternate Nostril Breathing (Nadi Shodhana)

This technique involves breathing alternately through each nostril, using the thumb and ring finger to close them. It is used to balance the hemispheres of the brain and calm the mind. It also helps to purify the subtle energy channels (nadis), promoting mental clarity and emotional equilibrium. This is an excellent pranayama for beginners to cultivate focus and balance.

Segmented Breath

This involves taking short, rapid breaths in quick succession, often as if panting, followed by a longer exhale. It is used in specific kriyas to build heat and energy rapidly within the body, preparing it for deeper energetic shifts.

The conscious control and modulation of the breath are fundamental to the transformative power of Kundalini yoga. By engaging with these pranayama techniques, beginners can begin to harness their own life force, leading to greater awareness, vitality, and emotional resilience.

Understanding Mantras and Their Power

Mantras are sacred sounds or phrases that are central to the practice of Kundalini yoga. They are not just words; they are vibrational tools that can profoundly affect consciousness, focus the mind, and invoke specific energies. The repetition of mantras can bypass the analytical mind and create a deep meditative state, facilitating healing and transformation. The power of a mantra lies in its sound vibration and the intention with which it is chanted.

The Adi Mantra: Ong Namō Guru Dev Namō

This mantra is traditionally chanted at the beginning of every Kundalini yoga class. "Ong Namō" means "I bow to the infinite creative wisdom." "Guru Dev Namō" means "I bow to the divine teacher within." Chanting this mantra tunes the practitioner to the Kundalini yoga lineage and helps to focus the mind, setting a sacred tone for the practice. It connects the practitioner to the universal consciousness and the wisdom of the past teachers.

Sat Nam

This is perhaps the most common mantra in Kundalini yoga, meaning "Truth is my Identity." It is a powerful affirmation that helps to ground the practitioner in their true essence. It is often used at the end of a practice to seal the energetic work and affirm the practitioner's innate truth. It can be chanted aloud or mentally, and its simple yet profound meaning resonates deeply.

Mantra Repetition and Its Effects

The act of repeating a mantra, known as japa, helps to quiet the mental chatter and develop

concentration. Each mantra has a specific vibrational frequency that can influence the brainwaves and energetic field of the practitioner. Different mantras are used in various kriyas and meditations to address specific needs, such as promoting courage, peace, or healing.

For beginners, the concept of chanting might feel foreign or even intimidating. However, the practice is simple: allow the sound to flow. Focus on the vibration and the meaning, and trust that the mantra is working on a subtle level, even if you don't consciously perceive its effects immediately. Consistent chanting can lead to increased mental clarity, emotional stability, and a deeper sense of inner peace.

What to Expect in Your First Kundalini Yoga Class

Attending your first Kundalini yoga class can be an exciting and potentially transformative experience. While each instructor and studio may have slight variations, there are common elements that will help you feel prepared and comfortable. The emphasis is on participation and exploration, not perfection.

The Sacred Space and Opening Chant

You'll likely begin by finding a comfortable spot on the floor with your yoga mat. Many classes start with centering, followed by the chanting of the Adi Mantra: "Ong Namoh Guru Dev Namoh." Even if you don't know the words, you can hum along or simply listen attentively. This chant is meant to create a shared energetic space and connect you to the practice.

Warm-up and Kriyas

The class will typically involve a warm-up, which might include gentle stretching and spinal movements. Then, you'll engage in one or more kriyas. These are sequences of postures, breathwork, and sometimes chanting, designed to achieve a specific energetic effect. You'll be guided through each step by the instructor. Don't worry if some movements feel new or challenging; focus on following along as best you can.

Breathwork and Mantra

Throughout the class, you'll be guided in various breathwork techniques, such as Breath of Fire or Long Deep Breathing. You might also be asked to chant specific mantras, like "Sat Nam." It's okay if your chanting voice isn't perfect; the intention and vibration are what matter most.

Meditation and Relaxation

Most Kundalini classes conclude with a period of meditation, often following the main kriya. This might be a silent meditation or guided visualization. Finally, you'll spend time in Corpse Pose (Savasana) to integrate the benefits of the practice before the class officially ends. This is a crucial time for deep relaxation and energetic absorption.

Don't feel pressured to perform perfectly. The goal is to experience the practice. You may feel a range of sensations, from intense energy to deep calm. Be patient with yourself, and know that each class builds upon the last. The welcoming nature of Kundalini yoga often makes beginners feel supported and uplifted.

Safety Considerations for Beginners

While Kundalini yoga offers immense benefits, it is essential for beginners to approach the practice with awareness and respect for their physical and energetic bodies. Safety should always be a priority to ensure a positive and sustainable journey. Understanding these considerations will help you practice effectively and avoid potential discomfort or injury.

Communicate with Your Instructor

Before your first class, inform your instructor about any pre-existing medical conditions, injuries, or if you are pregnant. Kundalini yoga involves dynamic movements and intense breathwork, and your instructor can offer modifications or guidance to ensure your safety and comfort. They are there to support your practice.

Listen to Your Body's Signals

This is perhaps the most critical safety guideline. If a posture or breathwork technique feels painful or causes dizziness or discomfort, ease out of it. Kundalini yoga can be intense, and pushing yourself too hard, especially in the beginning, can be counterproductive. Modifications are always available and encouraged.

Hydration is Important

Stay well-hydrated before and after your practice, as Kundalini yoga can be quite detoxifying and energizing. However, avoid drinking large amounts of water immediately before or during a class, as it can interfere with certain breathwork techniques and create discomfort.

Avoid Practicing on a Full Stomach

It is advisable to practice Kundalini yoga on an empty stomach, or at least several hours after a substantial meal. Practicing with a full stomach can lead to digestive discomfort and hinder the flow of energy.

Understand the Intensity of Breathwork

Techniques like Breath of Fire can be very potent. If you feel lightheaded or dizzy, slow down the breath or switch to Long Deep Breathing. It's important to gradually build up tolerance and intensity.

Never force the breath if it feels overwhelming.

By incorporating these safety considerations, beginners can confidently engage in Kundalini yoga, reaping its profound benefits while maintaining a balanced and mindful approach to their practice.

Integrating Kundalini Yoga into Daily Life

The true power of Kundalini yoga for beginners unfolds when the practices and insights gained on the mat are woven into the fabric of daily life. This integration transforms Kundalini yoga from a mere activity into a way of being, fostering lasting well-being and expanded consciousness. It's about bringing the calm, clarity, and vitality of your practice into every moment.

Short, Consistent Practices

You don't need to dedicate hours each day to experience the benefits. Even 11 minutes of a specific kriya or meditation can have a significant impact. Consistency is more important than duration. Integrating short, focused practices into your morning routine or before bed can be incredibly beneficial.

Mindful Breathing Throughout the Day

Carry the awareness of your breath with you. When you feel stressed or overwhelmed, take a few moments to consciously deepen your breath. Even simple conscious breathing can calm the nervous system and bring you back to a state of presence. This simple act can be a powerful anchor throughout your day.

Incorporating Mantras

Use mantras like "Sat Nam" as internal affirmations throughout the day. When you encounter challenges, mentally repeat "Sat Nam" to reconnect with your truth and inner strength. Chanting "Ong Namo Guru Dev Namo" before starting a challenging task can help set a positive and focused intention.

Mindfulness in Daily Activities

Apply the mindfulness cultivated in meditation to everyday activities. Whether you are eating, walking, or working, try to be fully present in each moment. This heightened awareness can transform mundane tasks into opportunities for deeper connection and appreciation. Pay attention to sensations, thoughts, and emotions without judgment.

By consciously weaving these elements into your daily routine, the transformative potential of Kundalini yoga extends far beyond the confines of your yoga mat, enriching every aspect of your life with greater peace, vitality, and self-awareness.

Q: Is Kundalini yoga too intense for absolute beginners?

A: While Kundalini yoga can be very potent, it is designed to be accessible to beginners. Qualified instructors provide modifications and guide you through the practice at a pace that is suitable for your level. The key is to listen to your body and communicate with your teacher.

Q: What kind of clothing should I wear to a Kundalini yoga class?

A: Comfortable, loose-fitting clothing that allows for freedom of movement is recommended. Many practitioners choose white clothing, as it is believed to enhance the aura and radiate energy, but this is a personal preference and not a requirement for beginners.

Q: How often should I practice Kundalini yoga as a beginner?

A: Consistency is key. Aim for regular practice, even if it's just for short durations. Practicing 3-5 times a week for 20-30 minutes can be more beneficial than one long session once a week.

Q: What is the difference between Kundalini yoga and other styles of yoga?

A: Kundalini yoga uniquely emphasizes the awakening of Kundalini energy through specific kriyas (sequences of postures, breathwork, and mantra), powerful breath techniques, chanting, and meditation. It focuses heavily on internal energetic shifts and consciousness expansion, often differing in the pace and style of asana practice compared to Hatha or Vinyasa.

Q: Will I feel "high" or experience spiritual phenomena in my first class?

A: It's possible to experience heightened energy, deep relaxation, or emotional releases, but the intensity and type of experience vary greatly from person to person and class to class. The goal is not to force spiritual experiences but to cultivate awareness and balance, which can naturally lead to deeper states of consciousness over time.

Q: Can Kundalini yoga help with anxiety and depression?

A: Yes, Kundalini yoga is widely recognized for its therapeutic benefits for mental and emotional well-being. The combination of breathwork, mantra, and meditation effectively calms the nervous system, reduces stress hormones, and helps to release suppressed emotions, which can significantly alleviate symptoms of anxiety and depression.

Q: How long does it take to see benefits from Kundalini yoga?

A: Many beginners report feeling more energized, calm, and focused after just a few classes. However, the deeper, more profound benefits, such as significant energetic shifts and increased self-awareness, typically develop with consistent practice over weeks and months.

Q: Is it okay to chant the mantras if I don't know the words or pronunciation?

A: Absolutely. The intention and the vibrational energy of the sound are more important than perfect pronunciation. Simply listening to the mantra or humming along is perfectly acceptable for beginners. Your instructor will guide you.

Kundalini Yoga For Beginners

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previously. All-in-all, you'll realize your inner potential. This Kundalini Yoga sequence is designed to fully awaken the spinal column, the central nervous system, and Sushumna Nadi's main energy channel. It's a great practice to keep the spine flexible, cultivate radiant energy flow, and maintain youthfulness and vitality. So, are you interested in learning all about how Kundalini Yoga can benefit you? This is a comprehensive guide to take a closer look at what this yoga style can do for you and how you can master it for your overall well-being. Covering the fundamentals of each Kriya in-depth, including how to correct the most common mistakes, this Kundalini Yoga guide has left nothing to help you achieve spiritual, mental, and physical well-being. Now don't bother, get your copy right away!!

kundalini yoga for beginners: Yoga For Beginners Rohit Sahu, 2020-09-28 Do you want to awaken your Kundalini energy and attain spiritual enlightenment? Are you looking to advance your inner guidance and live mindfully? Do you want to increase your vitality and well-being? Do you want to feel happier, healthier, and more energized? If so, Kundalini Yoga is what you need. Yoga origin can be traced back to more than 5,000 years ago, but some researchers believe that yoga may be up to 10,000 years old. The word 'Yoga' first appeared in the oldest sacred texts, the Rig Veda, and is derived from the Sanskrit root Yuj which means to unite. According to the Yoga Scriptures, the practice of yoga leads an individual to a union of consciousness with that of universal consciousness. It eventually leads to a great harmony between the human mind and body, man, and nature. There are 10 primary types of Yoga. So if you're trying to figure out which of the different types of Yoga is best for you, remember that there's no one right or wrong. You can ask yourself what's important to you in your Yoga practice: Are you searching for a sweaty, intense practice, or are you searching for a more meditative, gentler practice that looks more appealing? Like you choose any sort of exercise, choose something you want to do. I'm making a complete series on all 10 types of yoga. This is Kundalini Yoga; others will also be available soon! Kundalini yoga is derived from Kundalini, defined in Vedantic culture as the energy that lies dormant at the base of the spine until it is activated and directed upward through the chakras in the process of spiritual glory. Miraculous things will happen to you if your Kundalini is aroused. The pouring of a completely new level of energy begins, and your body and everything starts to act in a completely different way. Kundalini yoga, also called Yoga of Awareness, is as much a mental and spiritual practice as a physical one. In this class, we sit calmly, working the core and upper body with precise, repetitive movements along with chanting, meditation, and singing to raise our awareness. Some of its many benefits include lower stress levels, balanced glandular systems, reduced stress, increased lung capacity, and a stronger nervous system. It was even found to improve memory. In this guide, you'll discover: □Science Behind Kundalini Yoga □Who Can Perform It □Benefits □Tips for Proper Kundalini Awakening □Things You Need to Know Before Starting □Kundalini Breath of Fire □Kundalini Yoga Kriyas and Poses □Kundalini Meditation □Kundalini Awakening Symptoms □Beginner's Common Mistakes and How to Fix Them □Common Myths and FAQs I have to say that you are blessed to discover Kundalini Yoga. Even a modest 30-minute daily practice can change your life. You'll feel more energized, more relaxed, and more alive at the same time! Your presence will become magnetic, and you'll attract the things you've had to run after previously. All-in-all, you'll realize your inner potentials. You're about to begin on a wonderful discovery of the Self. In this book, I will explain the science behind Kundalini yoga, the power of Kundalini, and once awakened through Kundalini yoga, Kundalini meditation that helps transfer the energy to the upper chakras. This Kundalini Yoga sequence is designed to fully awaken the spinal column, the central nervous system, and Sushumna Nadi's main energy channel. It's a great practice to keep the spine flexible, cultivate radiant energy flow, and maintain youthfulness and vitality. Covering the fundamentals of each Kriya in detail, including how to correct the most common mistakes, this Kundalini Yoga guide has left nothing to help you achieve spiritual, mental, and physical well-being. Now don't bother, claim your copy right away!!

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kundalini yoga for beginners: Understanding Kundalini Yoga Santokh Singh Khalsa, Santokh Singh Khalsa DC, 2016-07-10 This book is designed to give you an overview of the basics of Kundalini yoga. You can study Kundalini yoga for many years and still not know all there is to know, but the basics are simple and easy to understand. Kundalini yoga is an experience, not an intellectual subject. Having the profound experience of a Kundalini yoga class is what creates change in your life. But a basic understanding of what you are going through can help you to process these feelings and sensations and understand more about how it all fits together. That is the purpose of this book.

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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.

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in a theoretical understanding of Kundalini and give you a practical toolkit for arousing your Kundalini right now. To get started working with this extremely powerful transformative energy, just scroll up and purchase your copy right now. Tags: Kundalini, Yoga, Buddhism, Meditation, Mindfulness, Chakras

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