



Kundalini Yoga

Shakti Parwha Kaur Khalsa

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Taught for thousands of years--and revealed to the West in recent decades by the master Yogi Bhajan--Kundalini Yoga is suprisingly simple to learn. And practiced regularly, it can strengthen the nervous system, balance the glandular system, and harness the energy of the mind and emotion as well as the body. While general yoga technique focuses on exercise postures and breathing, Kundalini takes yoga concepts a step further by integrating them into everyday life activities. This definitive guide, fully illustrated with photographs, is an accessible introduction to this ancient practice, 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 yogic practice.

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