

Aquarian Teacher Kundalini Yoga Manual

This is an essential book for yoga enthusiasts and healthcare practitioners who are looking for a deeper understanding of the human body and ways to incorporate complementary health practices in their treatment plan. Enlightened Bodies inspires and elevates the approach and study of the human body, interconnecting anatomy, physiology, and ancient yogic teachings. Enlightened Bodies presents the complexities of the body in a refreshing and approachable style, integrating multiple perspectives including Human Anatomy, Ayurveda, Kundalini Yoga, Traditional Chinese Medicine, Self-Care, and other lifestyle traditions. This is an essential book for yoga enthusiasts and healthcare practitioners who are looking for a deeper understanding of the human body and ways to incorporate complementary health practices in their treatment plan. "Yoga is an exceptional and time-tested form of preventive medicine. Whether a practitioner or teacher of yoga, it's nice to understand what's going on inside one's body and mind. This lovely book helps you do just that. In my view this is the right book for you right now" - Dr. Dharma Singh, in his foreword for Enlightened Bodies "This book is a public service for anyone interested in yoga including teachers and practitioners as well as those interested in going forward in the new field of yoga therapy. Also, it's for bodyworkers, spiritual people, and even high school students who want to learn more about how yoga can make them smarter and happier." Dr. Japa Kaur, co-author

Kundalini Yoga is a powerful and transformative spiritual process that works with your body's subtle energy centres and allows you to access your spiritual inner self. Drawing on ancient yogic systems and techniques, Kundalini Yoga helps you to channel your Kundalini energy and empower you on your path to a lifetime of fulfilment. Kundalini Yoga reveals the significance of your birthdate and provides exercises and meditations to work on your yogic bodies and your seven chakras, which will help you to unlock the Kundalini energy within. It teaches you the key components of the practice and guides you safely through the essential steps. The interactive style of the book leads you to your yogic number profile and enables you to choose an appropriate yoga meditation for you. It also helps you to assess which chakra you should currently focus on and recommends a personal yoga practice.

This insightful book presents a legal and economic analysis of inter-firm cooperation through networks as an alternative to vertical integration. It examines comparatively various forms of collaboration, ranging from consortia to multiparty joint ventures and from franchising to dealerships. Collaboration among firms of different sizes helps to overcome numerous weaknesses of the modern western industrial systems. It permits the governing of vertical disintegration without increasing fragmentation and transaction costs and allows firms to benefit from resource complementarities, favoring division of labour. The contributing authors, primarily focusing on Europe and the US, address important ways in which legal systems provide a framework for inter-firm coordination. It is clear from the analysis that significant obstacles to collaboration still remain, and the authors call for legal reforms at European and Member States level.

The 21 Stages of Meditation clarifies the process and outlines the steps toward your own progress in meditation. Defined by Yogi Bhanan and elucidated by Gurucharan Singh, "The 21 Stages of Meditation" is a key work in deepening your understanding and experience of meditation. Ranging from Upset and Boredom to Humility, Graceful Enlightenment and the Sage, explore these stages and the three distinct meditative journeys, which culminate in the pinnacle of contemplative awareness, the Stage 21st, also described as The Infinite Pulse. This is an essential book for those interested in deepening their process of meditation and their experience with Jappa Yoga. The teachings presented in this book have been developed with love and care and genuine reverence. Yogi Bhanan said, "Now we are entering the Age of Aquarius and we have to have the science of mind totally brought into a geometry so that you can understand this is depression, this is expression; this is what you are doing and this is what you have to do. So for that reason, we are trying to create all this work for you." Every living thing has its own time to grow from a seed to its innate maturity. May it provide a foundation for elevation and enlightenment to all who love meditation.

Breathing and walking comprise two of our simplest activities, yet they are also two of our most powerful actions. By bringing them together in a systematic and meditative way, we can enhance our physical, emotional, and spiritual fitness. We can tap our vitality to fully enjoy and excel in our lives. With a series of easy to follow, transformational exercises that combine breathing and walking in very specific ways for specific benefits, Breathwalk teaches us: • how to alleviate exhaustion, anxiety, sadness, and other problems • to heal physical, mental, and spiritual conflict in our lives • to enter a zone of total fitness within our own bodies and minds In this simple program that anyone can follow, two of the world's leading experts in meditation and kundalini yoga reveal the power and flexibility of this technique for the first time. Centuries old traditions come together with modern scientific research in an effective and enjoyable holistic way to exercise. This practical, insightful guide is a breath of fresh air that can change your life for the better every time you take a step.

The Aquarian Teacher KRI International Teacher Training in Kundalini Yoga Taught By Yogi Bhanan, Level 1 The Aquarian Teacher Yoga Manual KRI Level One International Kundalini Yoga Teacher Training The Aquarian Teacher - Authentic Relationships KRI Level Two Teacher Training The Teachings of Yogi Bhanan E P Dutton A Woman's Book of Yoga Penguin Relax and Renew is Guru Rattana's second quintessential compilation of Kundalini Yoga Kriyas and Meditations from the early teachings of Yogi Bhanan. Yet another invaluable guide to life and living in the Aquarian Age, this new and updated second edition celebrates the 29th anniversary of its original publication in 1988. Greatly expanded and adapted to meet the new challenges of the times, the book's introduction and appendices have also been rewritten, offering new gems to assist you in making health and healing into a rewarding and spiritual lifestyle. Still one of Guru Rattana's most popular manuals, Relax and Renew is in daily use by both teachers and students world-wide. Its impressive range of over 100 Kriyas and Meditations has also been augmented for increased clarity and comprehension. A detailed explanation of how to Relax and Renew during your practice of Kundalini Yoga. Powerful techniques to assist in many specific aspects of

health and healing. Same great kriyas and meditations - the "oldies and goodies" from the early years of Yogi Bhanjan's teachings. Completely revised and updated - from the original typewritten edition!

Like a candle emits light, a human emits prosperity. With more than 40 kriyas and meditations, *Success and the Spirit* gives you the practical techniques you need to become more peaceful, more bountiful, more joyous, and more giving. The book focuses on how to understand prosperity in relationship to your own spirit. *Success and the Spirit: An Aquarian Path to Abundance* compiles a collection of Yogi Bhanjan's lectures on how prosperity is a natural expression of the human spirit; how the soul and the Creator work in harmony with each other to create success in life on all levels; and how our own fears and limitations block us from living our destiny. Yogi Bhanjan was a unique being who learned, mastered, and shared the ancient practices of Kundalini Yoga. In addition, he communicated the essence of Sikh Dharma in a universal and Aquarian way. In his teachings, these subjects worked together seamlessly. You will see the same intermingling of teachings, stories, and techniques from Sikh Dharma and Kundalini Yoga within this collection. The yoga in this book is a sample of the vast wealth called Kundalini Yoga. Here you will learn about the form of yoga based on the teachings of Yogi Bhanjan, Ph.D., who took kundalini yoga from India and brought it to the West in 1969. Master yoga teacher and author Shakta Kaur Khalsa demonstrates how kundalini yoga works for everyday life and every single person. You do not need to be in perfect physical shape or share any particular belief system. Kundalini yoga will work for you if you can just breathe and move your body. In this form of yoga, the most important thing is experience. Your experience goes right to the heart of your being. By approaching kundalini yoga with openness and respect, and by following the steps described in this book, you can change and enrich your life.

Human life requires a myriad of tools to manifest its full potential. In *Mastery of the True Self -- The discipline of Love through Sadhana, Aradhana, and Prabhupati*, you will learn how discipline can support you in your journey of self-manifestation and self-realization as a unique human being. Discipline becomes a tool for self-evaluation, self-acceptance, and self-projection. A tool that can produce substantial, predictable, and repeatable changes in your physiological systems and in your consciousness. Learning to view yourselves under the lens of discipline helps you to unveil those things that keep you from being truly who you are and living a conscious, healthy, and happy life. Understanding discipline is a prelude to exploring Sadhana, Aradhana, and Prabhupati -- the three facets of the path towards your highest Self. In this study, Sadhana Singh invites us to delve deeper into the reasons why the human being, already perfect in creation, needs discipline to experience the true Self and be able to live life freely, with love and happiness. In this perspective, we expose ourselves to constant training in order to make our expression more effective, our communication more sophisticated and our true essence express itself. Led by Sadhana Singh's writings and experience, we come to understand that developing ourselves is a form of spiritual training that provides us with a clear and complete perception of ourselves, of our own personal circumstantial reality, and of our Infinite Reality. *Mastery of the True Self: The Disciple of Love through Sadhana, Aradhana, and Prabhupati* explores bit by bit the elementary parts of the gradual process of building a solid foundation for igniting our awareness and manifesting our true highest Self. *The Kundalini Yoga Book* by master yogis ANA BRETT and RAVI SINGH is your ultimate guide to this dynamic inner and outer yoga system. Ravi and Ana share these techniques in their much loved fun, accessible and non-dogmatic style. Supercharge your life with dozens of beautifully photographed workouts to help you profit from your practice, streamlined, symmetrical, inspired, and on top of the world. *The Kundalini Yoga book* is designed to help you get your essential practice in no matter how busy you are. Each chapter features easy to follow instruction as well as insider information about the benefits of each exercise. Nourish yourself with food for the soul as well as cutting edge alignment tips. Draw inspiration from Ana and Ravi's candid and entertaining stories about their own path and process. In addition, the ancient and modern history of Kundalini Yoga (based on years of research) is presented..

The Kundalini Yoga tradition speaks of a call to the Divine that awakens "The Original Light of the soul." In gatherings across the globe, Snatam Kaur and her fellow musicians have shared that radiance through sacred chants. With *Original Light*, this beloved devotional singer guides us into the heart of the path, with the Aquarian S?dhan? as a foundation to understand the tradition's daily principals, morning practices, and sacred chanting experiences. Kundalini, the universal life force, has for centuries been shrouded in misconception and lore. Many of us have heard of it, yet to directly experience it may seem unimaginable. But in fact, Snatam Kaur assures us that, through Kundalini Yoga, the capacity to experience it is within all of us—a natural and limitless source of physical health, stillness, joy, energetic strength, and loving connection with others and all of creation. *Original Light* was written for those seeking a compassionate and supportive guide to creating a vibrant and sustainable daily spiritual practice. Here, Snatam shares with honesty and gentle humor her own stories, challenges, "aha" moments, and many practical pointers gained from her lifelong journey in what she calls "soul work." Readers first explore the philosophy and foundational principles of Kundalini Yoga as taught by its founder Yogi Bhanjan, and then learn the five morning practices of the Aquarian S?dhan?, including: The Wake-Up Routine—establishing a sacred space, bathing and purification, healthy diet and elimination guidelines, and more Jap J?—from 15th-century sage and founder of the Sikh tradition, Gur? N?nak, this sacred recitation is both a map and a direct expression of our union with the Divine Kundalini Yoga Kriyas—nine energizing posture and movement sets for creating a somatic space for your spirit Aquarian S?dhan? Mantras—seven devotional chants as the sun rises to open the doors of liberation and experience bliss and ecstasy through sacred sound Gateway to Divinity—the closing transition stage that integrates your own spiritual tradition and helps you to focus your energies and set your intentions for the day ahead For those of all faiths, *Original Light* provides an ideal introduction and resource to improve our health, find greater freedom and stillness within, and illuminate each moment of the day.

Sexuality and Spirituality offers both men and women the prospect of great sex with deep intimacy, contentment, satisfaction, and divine connection. This amazing manual reveals previously secret Kundalini Yoga sets and meditations from which you can find the means to

achieve your greatest joy and fulfillment. Our sexual energy impacts all aspects of our life: How we relate to our sexuality is a determining factor in how we relate not only to our partners, but also to our family, friends, children, and all those with whom we interact. We are all sexual beings, so this book is for everyone - regardless of age, gender, gender identity, sexual orientation, spiritual path, or level of sexual activity. This updated and expanded 2nd Edition offers new material about Tantra, man's and woman's sexuality, how to practice the locks for sexual pleasure, polarity balance for men and women, and opening the heart to sacred love. It also retains the much loved Kundalini Yoga sets and meditations from the original 1989 edition, in what remains the only published source of much of this amazing material from the early classes of Yogi Bhajan. We miss a lot when sex is reduced to building up stressful desire and releasing it. Spiritualizing our attitude toward our sexuality delivers us to the universal creative dimensions of existence. How we create in life is a function of how we are able to sustain and interact with the unfolding of our life, relax into our own rhythm, and find satisfaction while moving through our daily activities. Learn how to open your heart - to yourself, to others and to all life. Love happens as you embrace all life's challenges, as well as its joys. Practicing the technology and absorbing the wisdom offered in this manual will change your life, by raising your frequency to the vibration of sacred love. Kundalini Yoga as taught by Yogi Bhajan® "The Kundalini is known as the nerve of the soul. This is to be awakened. Your soul is to be awakened. When soul gets awakened, there remains nothing... If your soul is awakened, what else do you need?" - Yogi Bhajan. Kundalini Yoga is an oral tradition dating back hundreds if not thousands of years. In the early 1970's, when this ancient technology was being presented, students would patiently wait to hear from fellow students and teachers what Yogi Bhajan had just taught. Students took notes, made drawings and passed them on... In a certain sense it was revolutionary that this sacred, once secret science was being recorded and distributed. Never, in history, had this been done before. It was very exciting when a Kriya-write up, manual or a "Beads of Truth"-magazine became available and when the Meditation Manual for Intermediate Students was published and distributed, it was a revelation. So many amazing Kriyas! It felt like as long as one had this manual, one could practice Kundalini Yoga for the rest of the life. It was like having the security of a treasure that would never diminish or get old. This wonderful book: KRIYA - Yoga Sets, Meditations & Classic Kriyas contains many of the Kriyas from the Meditation Manual for Intermediate Students as well as many previously unpublished Kriyas from that era. Some of the models in the book are children of original student-teachers of Yogi Bhajan... You will enjoy these effective and powerful Kundalini Yoga Kriyas. By practicing them, you can uplift yourself and inspire yourself to try some of these again and again! KRIYA - Yoga Sets, Meditations & Classic Kriyas from the Early Teachings of Yogi Bhajan contains: Challenging physical Kundalini Yoga Kriyas from the 1970s and 1980s More than 100 Meditations, including Visualizations, Praanayams, Silent Meditations, and Meditations with Mantra Includes Material from the Meditation Manual for Intermediate Students, K.R.I.Y.A., Under the Blue Skies, and more!

Mastery is no longer a mystery. Here are the tools you need to balance your chakras, discipline your mind, clear out the past and renew the present in order to manifest your future. These 91 kriyas and meditations are organized to facilitate your personal practice and deepen your experience of the Self. Many of these yoga sets and meditations were selected specifically for KRI Level Two Teacher Training and can provide you with the tools need to embody your identity, expand your radiance, strengthen your vitality and resilience, and determine your destiny as you transition through every age and stage of life. Organized not only for individual practice but also for Kundalini Yoga teachers, this book can help the yoga teacher develop workshops, plan thematic 6-week courses, or assign individual sadhanas with ease. With Transformation: Seeds of Change for the Aquarian Age, a two-volume series: Mastering the Self and Serving the Infinite, the tools and technologies of Level Two Teacher Training are at your fingertips.

A fascinating look into our human nature through the eyes of Yogi Bhajan, Master of Kundalini Yoga. It details the interplay of the positive, negative, and neutral parts of our mind with our nine aspects and twenty-seven projections. Yogi Bhajan's lectures provide a practical approach to the Science of Humanology, and encourage you to meditate to enlist your mind as your friend and servant rather than your master. The meditations apply to the various aspects we embody, such as Defender, Manager, Artist, Producer, Strategist, Teacher. You can select from 42 meditations, including: Creating Art by Projecting into the Future; Pursuing the Cycle of Success; Deep Memory of a Past Projection; Interpretations of All Facets of Life; Pursuing the Cycle of Artistic Attributes; and Creating Art by Environmental Effects.

Gurmukh, an internationally renowned yoga teacher, outlines the spiritual and physical practices of Kundalini Yoga, which she has taught for the last thirty years. With illustrated, step-by-step instructions, she teaches the basic principles of the ancient art of yoga, and explains the eight chakras, which are the energy centers of our bodies, and the source of the eight human talents. Kundalini Yoga is a great way to get your body and mind into shape. In The Eight Human Talents, Gurmukh gives you all the tools you need to increase your creativity, intuition, compassion, health, and prosperity. All you need is a belief in the possibility of change and a commitment of as little as three minutes a day. From teachers and waiters to Hollywood celebrities, Gurmukh has helped thousands of people find happiness through the healing movements and meditations of Kundalini Yoga -- and she can help you, too!

The Kundalini Yoga tradition speaks of a call to the Divine that awakens "the Original Light of the soul." Through meditation, prayer, and sacred song, those of all faiths can connect with this illuminating source—Kundalini, the universal energy of awareness and healing that awakens within. With Original Light, kirtan (devotional chant) singer Snatam Kaur takes us into the heart of the path, as taught in the Aquarian Sadhana, its primary guide to daily practice. Readers explore Kundalini Yoga's key principles, enriched by Snatam Kaur's stories and insights as a lifelong practitioner. She then teaches its five stages of practice, including preparation, sacred recitations, breathing fundamentals, energizing yoga sets, meditations, morning chants, and more. This invaluable resource offers for the first time Snatam Kaur's personal instruction—a direct transmission from her teacher and Kundalini Yoga's founder, Yogi Bhajan—to anyone inspired by yoga or devotional singing. Includes two CDs with guided chants and practices.

This yoga manual accompanies the "I Am A Woman" reader and has been organized by topic so that you can focus on a particular discipline within your own practice, generate weekend workshops for your students, or create an entire curriculum for an in-depth experience of the women's teachings over time. Topics include:-Awakening Your Inner Vitality: Essentials for Daily Practice-Sensitivity: Connect to Your Eternal Power-Radiance: Walking in Beauty and Living by Grace-Sound Mind & Body: Using the Sound Current to Create Clarity and Caliber-Fearlessness: Empower Your Life-Woman as Her Own Psychologist I: Clearing the Self-Woman as Her Own Psychologist II: Cultivating the Self-Crisis Kit: What to Do When There's Nothing Left to Do-Sexuality & Creativity: Igniting the Spark-Relationships & Communication: Redefining Intercourse-Becoming a Mother: 9 Months, 40 Days, and Everyday-Transformations and Transitions: Breathing through Everything-Healing & Relaxation: Becoming Healthy, Happy and Holy-Beauty Begins Within: Personal Discipline and the Graceful Woman

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 Bhajan, 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. A guide to Kundalini yoga fundamentals explores meditation, exercise, and diet, demonstrating techniques and explaining how to raise consciousness and improve health.

For new and experienced students, practical guidance in kundalini yoga for happiness, health, and fulfillment Kundalini is a universal life force within each of us that, once awakened, holds the power to transform every facet of our lives. Kundalini yoga is the art and practice of activating this radiant energy. With Essential Kundalini Yoga, Karena Virginia and Dharm Khalsa present the core principles and practices of this revered tradition in an inviting and accessible guide. “Kundalini yoga opens joyous space for connecting deeply with the energy states of our being,” write Karena and Dharm, “It brings vital health to the body and opens our consciousness to new potentials of awareness.” Created for the modern practitioner, this book offers clear, comprehensive instruction in the key insights and practices of kundalini yoga. From philosophy and lifestyle, to working with anatomy and physical asana, to activating our energy bodies, Essential Kundalini Yoga is a uniquely practical and in-depth manual. Highlights include: Gorgeous photos illuminating step-by-step instructions Detailed instructions, explanations, and illustrations for core kundalini practices—mantra, pranayama, bhandas, asana, kriya, meditation, and more Seven traditional kundalini yoga routines, including a pituitary gland series for intuition, yoga for the immune system, and detoxing for radiance Understand the science of the practice, including its effects on the glandular system, spine, nervous system, and skeleton Meditations, mantras, and yoga poses to activate each of the chakras and bring health to your energetic body Remedies for common emotional challenges—dealing with fear, shame, and depression, among others Kundalini secrets for getting better sleep, aging gracefully, enhancing fertility, cultivating vitality, and more Rooted in tradition and infused with a sense of infinite possibility, Essential Kundalini Yoga is a joyful invitation for practitioners of all levels to awaken the vital energy within and receive the gifts that emerge from connecting more deeply with your own potential for creativity, abundance, and joy.

Unleash your potential to live the life you've always wanted. Kundalini yoga engages your unique sources of energy—those that empower your spirit as well as your body. Drawing from the riches of ancient yogic tradition, The Kundalini Yoga Experience offers a system of physical poses, breathing techniques, and focused meditations that, when practiced together, will bring you increased physical health and strength, emotional balance, and a deeper sense of your own spirituality. With regular practice, you'll be surprised at how strong, healthy, and fulfilled you feel. Experiencing the power of Kundalini is your birthright—embrace it!

Sadhana brings us into an intimate alignment with the reality of who we are: as a creature of the Creator and as a human being. First published in 1974, Kundalini Yoga Sadhana Guidelines has become the best-selling Kundalini Yoga manual of all time. Within these pages, you'll find the inspiration to keep returning breath-by-breath to your Self and to your practice. Sadhana is everything we do on a daily basis as our self-discipline and our commitment to our higher self. It is a spiritual practice in which we confront the tendencies of our mind and ego and, out of love, we invite in the dimensions of our soul, spirit, and intuition. In its essence, it is a process of refinement, development, and mastery. As we learned from eastern traditions, a sadhu is a being who has disciplined himself. Likewise, the definition of a yogi is a person who has totally leaned on the supreme consciousness, which is God. The purpose of sadhana is to arrive at the place where we go beyond our ego and its limitations. Morning sadhana—done before the sunrise—is a special time when we sit before the altar of our own consciousness and have the opportunity to clean up our inner world before we engage in the outer world—our jobs, our families, our responsibilities. This manual exists to serve you and to help you uplift yourself and others. It is designed for both the new and the experienced student. It focuses on the essential practice of Kundalini Yoga. A material that offers lectures, essays, insights, and a series of exercises that one can experience and improve one's own personal practice.

Shares step-by-step instructions on the basics of Kundalini yoga, explaining how its less-straining positions and meditative focus on stress reduction renders it an accessible and beneficial discipline regardless of fitness level.

Explains how to use Kundalini yoga meditation to treat psychiatric disorders including, panic disorders, depression, chronic fatigue syndrome, and autism and asperger's disorder.

Interest in yoga is at an all-time high, especially among women. Whether readers wish to begin the practice or are already involved in yoga, this innovative book will help them understand the unique benefits yoga provides for a woman's health and mental well-being. The authors lead women of all ages through the health and life cycles specific to females by illustrating the spiritual and physical advantages of Kundalini yoga, as taught by yoga master Yogi Bhajan. Hari Khalsa applies ancient wisdom to explain how to determine and enhance one's own special relationship with the mind, body, and soul. Using his expertise on women's health issues, Dr. Siebel reveals the scientific basis for yoga's positive effects on the brain. Together, Dr. Siebel and Hari Khalsa create a dialogue of spiritualism and science, elucidating how every woman can reap the rewards of yoga for a lifetime.

From internationally renowned yoga teacher Gurmukh comes a book on pregnancy unlike any other. Bountiful, Beautiful, Blissful is a treasury of wisdom, information, and inspiration for pregnancy and motherhood based on the spiritual and physical practices of Kundalini yoga, which Gurmukh has taught for the last thirty years. With illustrated, step-by-step instructions, she teaches time-tested techniques, meditations, and exercises that will help you physically, mentally, and spiritually. In the timeless way that women have passed down wisdom surrounding birth and child rearing to one another for centuries, Gurmukh weaves folk stories and contemporary testimonials into a program designed to help you get profound results in the shortest possible time. The sections in this book cover each trimester of pregnancy as well as delivery and life with the baby. In her wise, gentle, and comforting voice, Gurmukh suggests meditations, exercises, and yoga positions to respond to the various needs of expectant and new mothers as you undergo dramatic body changes. Gurmukh also helps you explore and, when necessary, heal your own history and unconscious attitudes about pregnancy, birth, and parenting. In Bountiful, Beautiful, Blissful, Gurmukh gives you all the

tools you need to have a healthy and happy pregnancy while increasing your connection to your partner and building compassion and prosperity. The ancient practices of yoga can lead you back to your own power as a woman, capable of more than you ever dreamed. All you need is a belief in the possibility of change and a commitment of as little as three minutes a day. Gurmukh has helped thousands of women and their families find fulfillment through the healing movements and meditations of Kundalini yoga---and she can help you, too!

"The goal of this material is to provide Kundalini Yoga teachers and Kundalini Yoga practitioners with basic knowledge of the structure and functions of the human body."--xi.

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