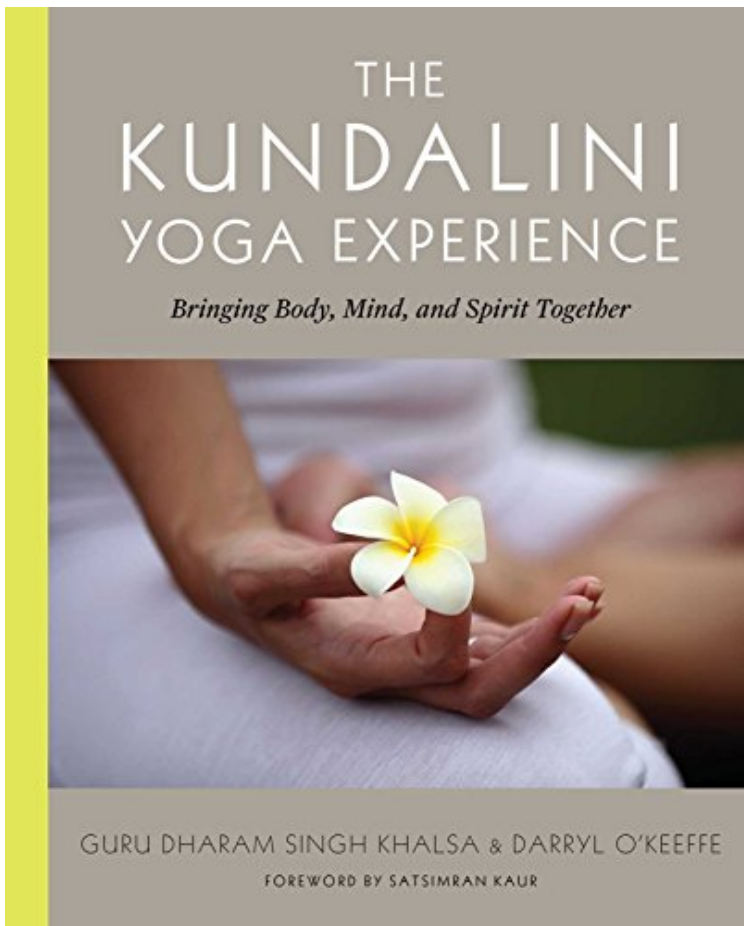


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The Kundalini Yoga Experience: Bringing Body, Mind, and Spirit Together (English Edition)



Par Dharma Singh Khalsa M.D., Darryl O'Keeffe
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Description : Description du produit 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 Heightened sensory awareness Enhanced intuition and creativity Greater peace and fulfillment in relationships A deeper sense of your own spirituality Unlike any other yoga guide, The Kundalini Yoga Experience encourages you to develop a practice that suits your needs. At the start, a simple numerological profile based on your birth date reveals your strengths and weaknesses. From there, you'll learn which exercises and meditations will be most effective in helping you balance each energy center (or chakra) in your body. Clear instructions and photographs guide you through each step, and as you move from one to another, you'll see how physical movement and spiritual reflection go hand in hand to heal and strengthen every part of you. 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!

Prsentation de l'diteurUnleash your potential to live the life youve always wanted.Kundalini yoga engages your unique sources of energythose 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 birthrightembrace it!Prsentation de l'diteurUnleash your potential to live the life youve always wanted.Kundalini yoga engages your unique sources of energythose 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 birthrightembrace it!Biographie de l'auteurDarryl O'Keeffe has taught yoga for twelve years and currently teaches with Guru Dharam Singh at the School of Kundalini Yoga in the UK. He is a certified teacher and trainer with the Kundalini Research Institute and a member of the International Kundalini Yoga Teachers Association.Guru Dharam S. Khalsa teaches at the School of Kundalini Yoga (SKY) in the UK. He studied with Yogi Bhajanthe man who introduced the practice of Kundalini Yoga to the United Statesfor more than twenty years.