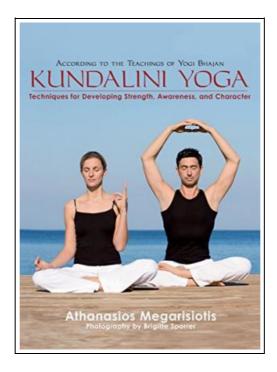
Kundalini Yoga Techniques for Developing Strength, Awareness, and Character



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Reviews

A high quality pdf as well as the typeface applied was exciting to see. It really is writter in simple words and phrases rather than difficult to understand. You will not really feel monotony at at any time of your time (that's what catalogs are for relating to in the event you question me).

(Robyn Nolan)

KUNDALINI YOGA TECHNIQUES FOR DEVELOPING STRENGTH, AWARENESS, AND CHARACTER



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Skyhorse Publishing. Paperback. Condition: New. 208 pages. Ease your stress and tension by incorporating Kundalini yoga into your daily routine. Kundalini yoga is a physical, mental, and spiritual discipline for developing strength, character, and consciousness. Practitioners of Kundalini call it the yoga of awareness because it enables you to experience deeper levels of being by harmonizing both your body and spiritual energy. Unlike other yoga exercises, Kundalini yoga consists of fewer straining positions, which makes it accessible for a wide range of fitness levels. Incorporate small moments of peace throughout your day by practicing these simple positions and breathing exercises. This guide offers step-by-step instructions on the basics of Kundalini yoga. With over 200 rich full-color photographs, yoga expert Athanasios Megarisiotis shares the seated postures, breathing techniques, hand positions, and most frequently used mantras. Kundalini is viewed as an advanced form of yoga and meditation that is used to cultivate the spiritual potential within all who practice it. It teaches that a stronger spiritual potential will help each practitioner uphold important values like speaking the truth, being compassionate, and being more aware of the needs of others. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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