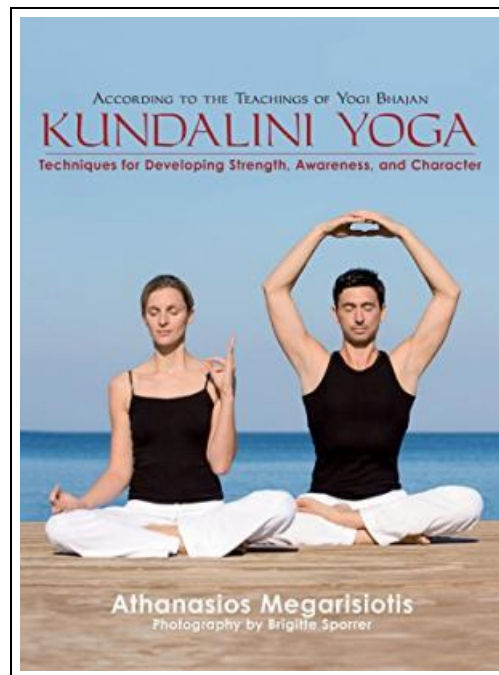


Kundalini Yoga: Techniques for Developing Strength, Awareness, and Character



Filesize: 3.88 MB

Reviews

It is straightforward in read through preferable to fully grasp. It is really simplistic but excitement in the 50 percent of the pdf. Your life span will be enhance once you comprehensive looking at this pdf.

(Jorge Hammes)

KUNDALINI YOGA: TECHNIQUES FOR DEVELOPING STRENGTH, AWARENESS, AND CHARACTER



Skyhorse Publishing. Hardcover. Condition: New. 208 pages. Dimensions: 11.8in. x 9.0in. x 1.0in. 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. Hardcover.



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