

# Kundalini Yoga For Youth And Joy

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Enlightened Bodies  
Fly Like a Butterfly

## Owner's Manual for the Human Body

## Essential Kundalini Yoga

Arriving in India to get his teeth fixed, Gursant Singh decides he needs a Punjabi wife and becomes embroiled with Dadaji, Amritsar's notorious marriage broker. When their search for the perfect bride gets them both thrown into Amritsar's Central Jail, Gursant has to look deep within himself and question everything he has been taught about the Sikh path - Sikhi. Gursant's encounters with crooked lawyers, corrupt cops and the enigmatic Indian legal system lead him from the radiant spirituality of Amritsar's Golden Temple, through labyrinthine back streets, chaotic lawyers' offices and the Amritsar Police station to the tranquility of an isolated yoga ashram in the foothills of the Himalayas. On the way, we meet an exotic cast of characters. Some venal and manipulating, others compassionate and generous; all of whom bring to life the contradictions, idiosyncrasies and excitement of 21st Century India. Gursant chronicles his adventures in a fast-moving, warts-and-all style to give the reader a searingly honest picture of his own spiritual loss of innocence. It was during my time in the Amritsar Central Jail that I thought of writing this book. As soon as I had Internet access, I began to research what it might take to create a written record of my experiences. In effect, this book was created as it happened and certainly before I knew how it would finish. My hope was that I could help others to learn from my experiences; not only those in India, but also those within the 3HO spiritual organization to which I devoted thirty years of my life. India can be fun, entertaining and

spiritually inspiring; at the same time it can be harsh and unforgiving, especially if you fall foul of the law, as I did. The spiritual path of the seeker can provide endless inspiration and satisfaction. But, like India, it can bring you face to face with your deepest fears and weaknesses. It is my fervent hope that others will learn from my mistakes and perhaps deepen their own spiritual experience by reading about what I had to go through. Thus this book is the story of my spiritual coming of age; my loss of innocence, if you will. I wish to offer my deepest gratitude to Akal Purkh, Waheguru, the Creator and Sustainer of the incredible universe in which we live. Let me also give thanks to Guru Nanak Sahib and his nine illustrious human successors. It is the grace of Guru Nanak that brought me to his teachings and it was his kindness that enabled me to find the true path of Sikhi. Finally I humbly offer obeisance to Siri Guru Granth Sahib, the word of God and living Guru for all Sikhs. Gursant Singh

### **Yoga for the Special Child**

An introduction to the yogic breathing and mind-body techniques of Kundalini yoga explains their potentially beneficial applications for such disorders as depression, ADHD, and chronic fatigue syndrome.

### **Yoga**

Are you ready to practice yoga with all the heart and soul that it originally had? Recently a roundtable of America's top yoga teachers agreed that those who

fail to understand the true spirit of yoga, using it only for striving, was the greatest challenge faced by the practice today. What is the cost to women using yoga to try and achieve an ideal? What are the benefits of embracing heart-centered yoga and self-acceptance? How can you return yoga to its original spirit?

### **The Mind**

### **The Kundalini Yoga Experience**

Nursing from the Inside-Out: Living and Nursing from the Highest Point of Your Consciousness provides holistic self-care modalities that allow the nursing professional to achieve self-awareness through individual practice and application. Self-care consciousness helps nurses create the balance in their lives that support mental, spiritual, and physical growth. Through use of these tools, the nurse is able to maintain inner balance in the busy and changing world of healthcare, while simultaneously establishing meaningful connections with patients.

### **Premka: White Bird in a Golden Cage: My Life with Yogi Bhajan**

From acclaimed yoga teacher Guru Jagat comes a wildly cool, practical, and beautifully illustrated guide to applying the simple and super-effective technology of Kundalini Yoga and Meditation to everyday life, upgrading your "operating system" inside and out. With Invincible Living, Guru Jagat shares a radical way

of understanding yoga—not just as something to do in practice, but as a broader principle for living. Candid, encouraging, and irreverent, Guru Jagat shows how Kundalini Yoga—which forgoes complex poses for energy-boosting, breath-driven exercises, quick meditations, and simple poses most of which you can do at your desk—can reset your life and well-being, regardless of your age or background. Designed explicitly for everyday people, not ashram-going or gym-bodied yogis, fast, effective Kundalini techniques can be done anywhere, from the car to the conference room. There's no need to have a bendy back or toned arms. You don't even need a mat: just a quiet space to clear your head, and as little as a minute out of your day. From beauty and self-care to work and relationships, *Invincible Living* tackles both the mind—from mood elevation and stress reduction to renewed mental clarity—and the body—from anti-aging, and increased metabolism to amped up energy. Packed with tips, exercises, and step-by-step instructions and fully photographed and illustrated in Guru Jagat's fresh, handmade-meets-hipster style, *Invincible Living* is fresh take on ancient wisdom: a must-have guide for anyone who wants simple, effective, tools for a supercharged life as taught by a uniquely compelling teacher who upends all preconceptions about yoga. *Invincible Living* includes 100 color photographs and illustrations.

### **Let Your Fears Make You Fierce**

How can we still our minds to hear what is deep in our hearts? How can we embrace the spectrum of what it

means to be human-the longing and exhilaration, the anxiety and wonder-and create beauty from this inherent complexity? In *Free to Feel* Anne Koller shows there is power in opening our arms to the brightest and darkest within us. Through raw and approachable prose, she teaches that emotional wellness is derived not from a static state of happiness, but a willingness to ride the waves of ever-shifting emotions. Organized by the themes of fire, water, earth and air, Anne's poetry is equally timeless and modern. She honors our ancient connection to the ocean and explores an age-old fascination with dreams, while also pondering the loneliness of lives lived on screen and the possibility that love might combat our current political angst. Beyond its myriad subjects, *Free to Feel*'s true power comes from Anne's courage. Each piece was born from a yearlong commitment to quiet the mind, listen to the heart and free write from an unedited emotional experience. She holds nothing back and offers the reader a rare opportunity to peek inside another's soul, first through her poetry and then through *Story Behind the Words*-short narratives detailing the specific experience behind each piece. In *Free to Feel*, you will witness one artist's approach to creating from emotions we often ignore or hide from others, as well as those we shout from the rooftops. By modeling what it means to embrace the multitudes within us, Anne invites you to embark on your own journey into the healing arts and find the freedom to feel. Bio: Anne Koller is an artist and facilitator who believes that diving into the spectrum of human emotions is the only way to live free. Through *The Ashes Project*, *TAPIN*, *Follow the Water* and now, *Free to Feel*, she

celebrates the intersection between emotions and the creative arts. She draws on a decade of experience at global organizations such as Google and the World Economic Forum combined with expanded disciplines in Kundalini Yoga, meditation, community building and interactive art to craft experiences carefully designed to unleash the power of emotions. Anne was raised in inner-city Milwaukee and currently resides in Alameda, California. More about Anne: [annekoller.com](http://annekoller.com). More about Free to Feel: [befreetofeel.com](http://befreetofeel.com)

### **Meditation As Medicine**

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

### **Invincible Living**

### **Inner Engineering**

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.

### **Transformation**

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.

### **Introduction to Kundalini Yoga**

### **Kundalini Yoga for Youth and Joy**

### **Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth**

## **The Yellow Book**

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. From the Trade Paperback edition.

## **Waves of Healing**

Kundalini yoga is the ancient parent science of all other forms of yoga and meditation, and a clinically proven therapeutic modality that can have significant healing effects for a wide range of mental health complaints and disorders, from the moderate to the more severe.

## **Kundalini Yoga**

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!

## **Everyday Kundalini**

An inspiring, practical guide to release the fears that are holding you back and achieve your ideal life. Everyone experiences fear in life--fear of failure, fear of ridicule, fear of the unknown. These fears hold us back from living our truth and achieving our full potential. They prevent us from growing and moving forward after a minor setback or major disappointment. But if we can transform those fears, anything is possible. We can connect with our authentic self, listen to our soul's desires, and start living our dreams. In this book, celebrity holistic health coach and yoga instructor Koya Webb shares the ways she has lived in fear and the tools she's used to get herself to a more confident and fierce place, moving through life in alignment with

everything she believes in. Koya's own personal story of triumph over a career-halting injury, depression, self-sabotage, and other limiting beliefs will inspire readers to meet their challenges head on, and transform their greatest fears and obstacles into positive energy that can launch them forward. If you are tired of feeling overwhelmed, unappreciated, and burned out, this is the book for you. Using breathing techniques, yoga, meditation, journaling, mantras, prayer, and more, Koya shows how you can shift from fear-based living to fierce living! No matter who you are, or where you are at, or what you have been through, these are universal tools that help every human being get un-stuck and be able to live the most fulfilling life possible!

### **Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth**

### **A Woman's Book of Yoga**

### **Education in Human Values**

### **The Art Science and Application of Kundalini Yoga**

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 Sādhanā 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 Bajan, and then learn the five morning practices of the Aquarian Sādhanā, including: The Wake-Up Routine—establishing a sacred space, bathing and purification, healthy diet and elimination guidelines, and more Jap Jī—from 15th-century sage and founder of the Sikh tradition, Gurū Nānak, 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 Sādhanā

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.

### **Free to Feel**

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 Bhanjan. 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**

Premka: *White Bird in a Golden Cage* is a compelling and beautifully unfolding tale, offering a haunting look into a teacher/student relationship. This intimate memoir, written by one of Yogi Bhanjan's prized teachers and exalted students, is full of devotion, love, dedication, betrayal, loss and the healing unification of the self. It also reads as a love letter to a unique time in history-the '60s in Los Angeles and New Mexico, where love, music, art, spiritual exploration, often led to self-transformation. As a historical treatise and a spiritual mystery, this book offers unique insight into the origins of the Western Sikh movement and the proliferation of Yogi Bhanjan's kundalini yoga.

## Original Light

The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life."

## Kundalini

Kundalini Yoga and Meditation Transformation is a rich combination of Kundalini Yoga sets and

meditations brought to the West by Yogi Bhajan. All the sets in this book are powerful transformative sets arranged to tap into the main 8 centres of your body. There is a variety of warm up exercises, hand positions (mudra), the science of breath and time to give you useful tools to teach or practice with confidence in understanding the movements and the benefits. The images are fresh and beautiful art pieces that match the power of the sacred movements. Included are some vigorous kriyas and alternatives to each challenging posture for you to build up your strength over time. This manual has master Kriyas and meditations carefully chosen after my 20 years of teaching to keep you healthy in the mind and body.

### **Sacred Therapies: The Kundalini Yoga Meditation Handbook for Mental Health**

An introduction to the yogic breathing and mind-body techniques of Kundalini yoga explains their potentially beneficial applications for such disorders as depression, ADHD, and chronic fatigue syndrome.

### **Confessions of an American Sikh**

The technology of Kundalini yoga was brought to the West by Yogi Bhajan. Its aim is to maintain and tune up the human body to achieve peak performance at every age and stage of life. Among its effects are: an awakening of the ten bodies; automatic endurance in the body; balancing the vayus; energizing the system; accustoming the body to stress and strain; finding the cause of sickness; working on the lower spine;

enhancing circulation and energy; relieving inner anger; empowering the brain; overhauling the nervous system; using the left and right hemispheres of the brain; achieving mental balance; cleansing the colon; removing stress; toning the liver and kidneys; making the skin radiant; maintaining the spleen; achieving equilibrium in the stomach; tuning up the glandular system and inner organs; building stamina; balancing the pineal, pituitary and hypothalamus glands; and a complete workout of the total self.

### **Nursing from the Inside-Out**

Describes a program of breathing exercises, yoga poses, and relaxation techniques designed to help children with special needs

### **Kundalini Yoga, Sadhana Guidelines**

Stage by stage, this insightful book shows how to make Kundalini practice a part of even the busiest life, no matter how much or little yoga or meditation you've done in the past. It begins with an easy-to-follow account of the subtle body, the energetic part of you that includes the chakras and Kundalini itself. There is advice on all aspects of preparation, from motivation and setting up a practice space to using diet and ritual to purify your body and mind. Step-by-step exercises then illustrate the key stretches and yoga poses, there is a chapter on the vital art of pranayama (breath control) and another explains how to deepen your practice through the use of mantras (sacred sounds), mudras (hand gestures) and yantras

(sacred diagrams). Finally, the twelve guided meditations in the last chapter, each one an effective combination of the techniques already explained, empower you to address specific issues you may like to enhance in your life, whether balance, creativity, love, anxiety, anger or fatigue. Designed to be easily integrated into daily life, the nurturing guidance in this book allows absolutely anyone to draw on the Kundalini power already present in their body to achieve lasting health and happiness.

### **The Aquarian Teacher**

Proven effective by scientific research and presented here by Dr. Dharma Singh Khalsa and Cameron Stauth, the practice of Medical Meditation revolutionizes the healing process. By balancing and regenerating the body's ethereal and physical energies through simple meditations, Medical Meditation unites the mind, body, and spirit into a powerful triad. Each Medical Meditation here has a specific physiological effect, targeting afflictions from arthritis to ulcers to cancer. Dr. Khalsa details the five unique attributes that endow this type of meditation with far more power than standard meditation. The combination of special postures and movements; exact positioning of the hands and fingers; particular mantras; specific breathing patterns; and a unique focus of concentration can change your entire biochemical profile, easing you into a calm, healing state. Practiced in conjunction with conventional or alternative medical treatments, cutting-edge Medical Meditation activates the healing force within you.

## **Sexuality and Spirituality**

Millions of people practice some form of yoga, but they often do so without a clear understanding of its history, traditions, and purposes. This comprehensive bibliography, designed to assist researchers, practitioners, and general readers in navigating the extensive yoga literature, lists and comments upon English-language yoga texts published since 1981. It includes entries for more than 2,400 scholarly as well as popular works, manuals, original Sanskrit source text translations, conference proceedings, doctoral dissertations, and master's theses. Entries are arranged alphabetically by author for easy access, while thorough author, title, and subject indexes will help readers find books of interest.

## **The Teachings of Yogi Bhajan**

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.

## **The Master's Touch**

Introduces the philosophy and poses of yoga with the help of photographs, stories, and movement games.

## **Kundalini Yoga Meditation for Complex Psychiatric Disorders**

## **Breathwalk**

Learn the practical science to work directly with the root energy of all existence, and experience for oneself the reality of the ancient and mysterious Divine Mother Kundalini, spoken of in all the world's great religions. Includes practices of meditation, transmutation, astral projection, pranayama, and the long-hidden Jinn Science.

## **Yoga from the Inside Out**

## **Enlightened Bodies**

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.

### **Fly Like a Butterfly**

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