

Kundalini Yoga For The Modern Day Yogi

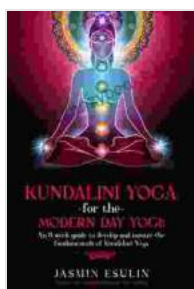


Discover the transformative power of Kundalini Yoga and awaken your true potential.

Kundalini Yoga is an ancient practice that has been used for centuries to awaken the kundalini energy, a powerful force that lies dormant at the base

of the spine. When awakened, this energy can bring about profound physical, mental, and spiritual transformation.

In Kundalini Yoga For The Modern Day Yogi, renowned Kundalini Yoga teacher and author Maya Fiennes provides a comprehensive guide to this transformative practice. With step-by-step instructions, clear explanations, and beautiful illustrations, she makes Kundalini Yoga accessible to everyone, regardless of their experience level.



Kundalini Yoga for the Modern Day Yogi: An 8 week guide to develop and master the fundamentals of

Kundalini Yoga by Jasmin Esulin

★★★★★ 5 out of 5

Language : English

File size : 4013 KB

Screen Reader: Supported

Print length : 104 pages

Lending : Enabled



In this book, you will learn:

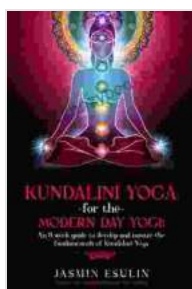
- The basics of Kundalini Yoga, including its history, philosophy, and benefits.
- A variety of Kundalini Yoga kriyas (exercises) that can be used to awaken your energy, heal your body, and expand your consciousness.
- Meditation and breathing techniques that can help you to connect with your inner self and find peace and tranquility.

- How to use Kundalini Yoga to overcome challenges, achieve your goals, and live a more fulfilling life.

Whether you are a complete beginner or an experienced yogi, Kundalini Yoga For The Modern Day Yogi is the ultimate guide to this transformative practice. With Maya Fiennes' expert guidance, you will learn how to harness the power of Kundalini Yoga to awaken your true potential and live a life of greater health, happiness, and fulfillment.

Free Download your copy of Kundalini Yoga For The Modern Day Yogi today and embark on a journey of self-discovery and transformation.

Free Download now



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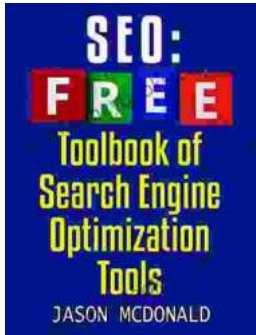
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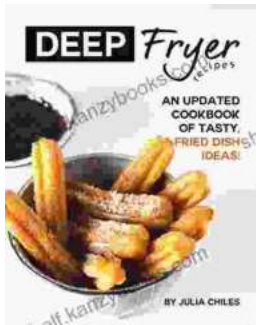
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