

# [PDF] Kundalini Yoga

## Shakti Parwha Kaur Khalsa - pdf download free book

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### Books Details:

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### Description:

*Kundalini Yoga: A Simple Guide to the Yoga of Awareness* is an introduction to living your life with more awareness and spirituality, as well as a guide to the principles of this form of yoga as taught by Yogi Bha-jan, the author's teacher. Kundalini yoga includes habits and practices that "balance the glandular system, strengthen the nervous system, and enable us to harness the energy of the mind and the emotions," explains the author. She clearly explains many facets of this kundalini lifestyle: breathing (including breathing exercises), spirituality, food choices and preparation, chants and meditations, the chakras (energy centers in the body), self-healing, sleep, communication, and using yoga postures for health.

This is not an exercise book of yoga postures--although several are illustrated--but a guidebook toward a more spiritual path. "Spirituality cannot be taught. It has to be caught, you have to get it from someone who's got it." The book describes the path to a more spiritual life using kundalini yoga philosophy and practice. You don't have to move to a cave to adopt these practices--the author shows you how you can use them to balance even a busy, modern lifestyle. -- *Joan Price*

**About the Author Shakti Parwha Kaur Khalsa** was the first woman to study with Yogi Bhajan in the United States. Bhajan is the leader of the Sikh religion in the West and the founder of 3HO (Healthy, Happy, Holy Organization), which has 300 Kundalini Yoga centers around the world. Shakti has been teaching Kundalini Yoga for nearly 30 years, and was ordained as a minister of the Sikh Dharma in 1974.

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