



ESSENTIAL KUNDALINI

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AN
INVITATION TO
RADIANT HEALTH,
UNCONDITIONAL
LOVE, AND THE
AWAKENING
OF YOUR
ENERGETIC
POTENTIAL

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KARENA VIRGINIA & DHARM KHALSA

Karena Virginia

Essential Kundalini Yoga: An Invitation to Radiant Health, Unconditional Love, and the Awakening of Your Energetic Potential



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For new and skilled students, practical guidance in kundalini yoga for happiness, health, and fulfillment “ 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. With Essential Kundalini Yoga, Karena Virginia and Dharm Khalsa present the primary principles and methods of this revered tradition within an inviting and accessible direct.mantra, pranayama, bhanda, asana, kriya, meditation, and moreSeven traditional kundalini yoga routines, including a pituitary gland series for intuition, yoga for the disease fighting capability, and detoxing for radianceUnderstand the research of the practice, including it is effects on the glandular program, spine, nervous program, and skeletonMeditations, mantras, and yoga poses to activate each one of the chakras and bring health to your energetic bodyRemedies for common emotional issues— Kundalini is certainly a universal life push within each folks that, once awakened, holds the power to transform every facet of our lives.Kundalini yoga opens joyous space allowing you to connect deeply with the energy states of our being,” write Karena and Dharm, “It brings vital health to the body and opens our consciousness to fresh potentials of awareness.” Gorgeous photos illuminating step-by-stage instructionsDetailed guidelines, explanations, and illustrations for core kundalini practices— Designed for the present day practitioner, this book gives clear, comprehensive instruction in the key insights and methods of kundalini yoga. Kundalini yoga is the artwork and practice of activating this radiant energy. Highlights include: coping with fear, shame, and despression symptoms, among othersKundalini secrets for getting better sleep, maturing gracefully, enhancing fertility, cultivating vitality, and more Rooted in custom and infused with a feeling of infinite possibility, Essential Kundalini Yoga is definitely a joyful invitation for practitioners of all levels to awaken the vital energy within and receive the gifts that emerge from linking more deeply with your own prospect of creativity, abundance, and joy.



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THE ONLY REAL Kundalini book you need! The Best of the Best! I've purchased numerous books on Yoga and Kundalini Yoga. My reserve shelves are filled up with them. Choose the book simultaneously!.but this one stands out from the rest. First let me start by stating that I never remember to write reviews. But this one deserves the time. Karena has put out THE Best Book on Kundalini Yoga to date in my own humble opinion. Purchase and use this reserve. The photos are simply stunning and the explanations are clear to see. Honestly, this book can be "Heaven Sent" and you will understand what I mean when you obtain your copy and begin the journey that's Kundalini Yoga. Many books I've researched simply feel the positions and don't go comprehensive of the actual take action.. I absolutely love my copy and even though I've learned so very much about Kundalini Yoga exercise from other books.. Five Stars Excellent book, very informational and truly enjoyed the read. There exists a great sense of the movements and the directions are clear and unmuddied. The Kriya models are such gorgeous flowing sets that actually make you Want to apply and get excited about practicing!Thank You Karena, I am eternally grateful for you personally on paper this brilliant book.. There are step-by-step instructions on how to perform poses and breathing exercises with photos. Sat Nam! Invitation Accepted... If you're a teacher that is an absolute must have in your library and when you certainly are a student, it's the Only one you need to begin! A True Essential! The authors of this book are great teachers, inspiring me to check out my heart and .. This is among the best, most artistically presented kundalini books available.. The pictures itself couldn't become better. It had been created with such deep devotion and like that you can experience it in each sentence that you browse. Not only is it highly instructive, but easy to adhere to and the format is incredibly user-friendly. The design of the text can be inviting and it's hard not to enjoy the poses and demonstration along with the instructional parts. The author's love on her behalf work in kundalini yoga exercises shows through atlanta divorce attorneys page. I really like best that the great fine detail of the poses is usually from start to end- the name of the pose, how to perform the poses with multiple full page photos as assistance, to aid as well as step by step explanations of the breathing concentrate, body positioning through the techniques and then release out from the pose. Oh, and you will get a incredible energetic workout on top of that.. Invite some OM into your Home.Essential Kundalini Yoga: An Invitation to Radiant Health, Unconditional Like, and the Awakening of Your Energetic Potential Great reference and practice book for kundalini yoga Well-put together book about the background and basics of yoga and kundalini yoga. I preordered this book in September and it had been totally worth the wait. The pictures are clear, the instructions are clear to see and the words are powerful. I really like the way Karina & Karena Virginia's voice and interest is clear and really gave this book life. I have currently ordered copies to provide to friends.. Thank you. You can tell Karena put plenty of love into her work. Many books have transformed my entire life and I've added Necessary Kundalini Yoga to this list. I possess never really had a yoga publication that I could actually follow along with the exercises, until now. This is a treasure and will be at the top of my 'go to' list. Basic and Easy to Follow Kundalini Yoga Essential Kundalini Yoga is usually a book for everyone. I definitely recommend this totally amazing book to greatly help others on their journey to fulfillment and joy. Karena Virginia and Dharm Khalsa directions and descriptions are simple, basic and easy to adhere to. If you are searching for a way to totally improve in every area of your daily life. It is therefore beautifully written and explained on every level a person new or not new to Kundalini Yoga may take and begin or keep on with their practice.. This Book is a Treasure!therefore much needed in these instances we have been now living. A instructor or student would enjoy this publication. I added this to my yoga exercise reference library and like

paging through it and re-reading parts and practicing some of the exercises and sets once again. Highly recommend. Inspiring and easy-to-follow reserve for any and all We wasn't sure what things to expect when I ordered this, but I was hoping for a book on Kundalini Yoga that would be straightforward for a beginner/intermediate to follow without skipping more than more intensive poses. The images - which are real photos rather than sketches, like other yoga exercise books I've, take away all of the confusion that illustrations normally produce. All in all, that is a beautifully performed book for yogis of any level, and is the best yoga debate and instruction that I've seen outside of a genuine class. It really is insightful and influenced. I highly recommend it!And just what a stunning invitation book that is. . This book found its way into my life exactly at a time I needed it most. Until a pal recommended this book that's! The authors of the book are great teachers, inspiring me to check out my heart and become true if you ask me. The technology of Kundalini Yoga can help move you into a place of healing and recognition.it is that good. Maybe this book will do the same for you personally!! I've have been attempting to start yoga for some time but by no means found a source with all the info in a easy to follow way. I have my copy all tagged with web page tags already and have put it to use from time one. It opened me up to the beauty of Kundalini Yoga and today I'm on an inward personal journey. If you are a Kundalini yoga exercise novice or 'expert', you will learn from this publication. Dharm go directly into specific information on why every step is important and how it result in our life. This book isn't just about the yoga exercise positions but also its how each position correlates with our very being. I have recommended this book every since I browse it and can continue to achieve this! Best yoga explanation guideline ! Love it I really like this book ! Five Stars
Awesome Book Five Stars Beautiful Kundalini book. I maintain paging thru her great photos of poses , all the explanations of chakras relative to the particular poses and meditations , breathing methods or even modifications that can be made to the yoga exercise pose. The book switches into depth of your body systems and their health relating to this poses in explanations an easy task to relate with and understand . A traditional of artistic accomplishment and spiritual welfare all rolled into one. I am just beginning to get into learning with an objective to take yoga exercises classes this is actually the best reserve yet to aid me ! I love this book and appearance forward to getting through all of the poses ! Love this book. This is an incredible book. It feels as though she is there with you. I bought two copies someone to lend out to customers and something for myself - clients like this full multi level informational bookon Kundalini yoga as I do for many reasons . I have been through it web page by page and looking forward to reading. Five Stars Enjoyed the comprehensive insights.. You can tell Karena put plenty of love into her work I'm a newbie with Kundalini. This publication is accessible and accurate.. Highly recommend!Everything you want to know is in this one.



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