



Kundalini Postures and Poetry

Shakti Pawha Kaur Khalsa

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Kundalini Yoga, also known as the Yoga of Awareness, was introduced to the Western world by Yogi Bhajan. This unique book-teaching yoga through poetry-was compiled at the request of Bhajan by one of his most accomplished students. Revealing simple yogic techniques that can be enjoyed by everyone regardless of age or physical ability, the poems and accompanying photographs will help yoga practitioners experience the flow of energy that exists in everyone.

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