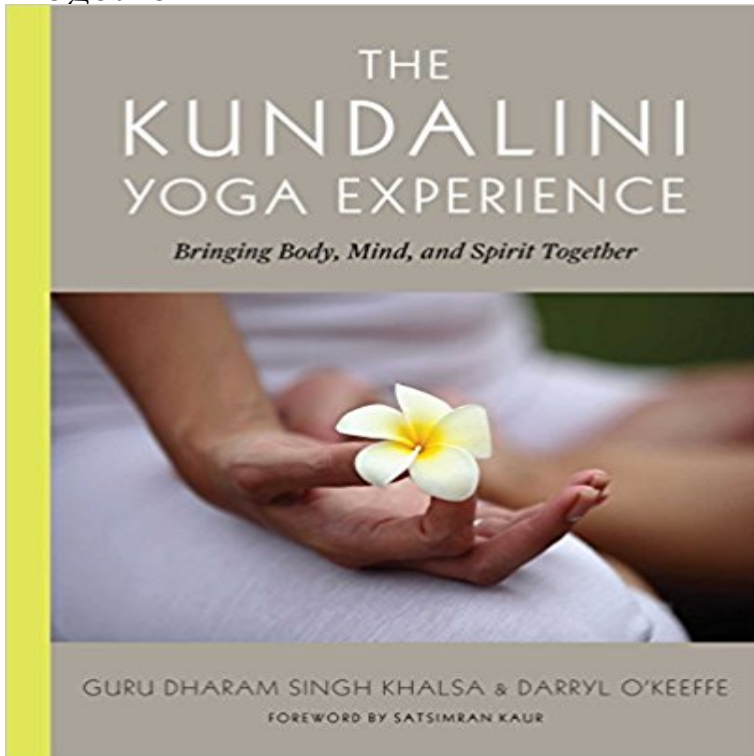


The Kundalini Yoga Experience: Bringing Body, Mind, and Spirit Together



A beautifully redesigned edition of the only authoritative guide to the most traditional form of yoga that teaches poses, breathing techniques, and meditations to bring bodies and minds together in a healthier, balanced union. Americans have adopted yoga as one of the most effective and enjoyable ways to stay healthy. But yoga isn't only about increasing flexibility and holding onto that youthful glow. As yoga becomes more popular, much of its original spirit is disappearing. While every yoga class includes a period of meditation, the majority of classes focus on learning postures to tone and strengthen the body. The Kundalini Yoga Experience teaches practices that equally target the body, the mind, and the spirit to improve every aspect of your health and tap into your own unique stores of healing energy. Professional Kundalini instructors Guru Dharma Khalsa and Darryl O'Keefe offer a balanced step-by-step program based on breathing, poses, and meditation to help you become the best person you can be—physically, emotionally, and spiritually. Beautifully illustrated with more than fifty full-color photos and line art, The Kundalini Yoga Experience reveals the purest form of yoga—one that combines physical fitness with emotional health and spiritual satisfaction.

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