



## Kundalini Yoga: The Flow of Eternal Power - a Simple Guide to the Yoga of Awareness as Taught by Yogi Bhajan (Paperback) - Common

By By (author) Shakti Pawha Kaur Khalsa



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Fully illustrated with photos, this guide offers an accessible introduction to the ancient practice of Kundalini Yoga, which if practiced regularly, can strengthen the nervous system, balance the glandular system, and harness the energy of the mind and emotion as well as the body.

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