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the ancient healing practice of kundalini yoga uses breathwork mantras kriyas meditations and mudras to awaken your divine energy

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1 builds strength because you hold each posture for an extended period of time sometimes up to five minutes kundalini yoga is a great way to strengthen and tone your muscles some of the more intense breathing techniques like breath of fire can also build core strength as you have to engage your abdominal muscles with each exhale 2

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introduction kundalini yoga is one of the original and most powerful of the twenty two schools of yoga kundalini yoga is designed for the active person with responsibilities in school work family and the world

the chakras kundalini yoga as taught by yogi bhajan

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the practice of kundalini yoga as taught by yogi bhajan always begins by tuning in this simple practice of chanting the adi mantra 3 5 times aligns your mind your spirit and your body to become alert and assert your will so that your practice will fulfill its intention it s a simple bowing to your

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a systematic training of mind to bring about tranquility increased sense of awareness clarity and strengthening of mind during the waking state human mind works at 14 40 cycles second cps at these frequencies the mind is said to be working at beta level

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1 kundalini sitting on a jackpot 2 kundalini plug into the ultimate source 3 how do you plug into kundalini 4 the organic atom 5 don t build a kundalini bomb 6 how else do you activate kundalini sadhguru the word kundalini generally refers to that dimension of energy that is yet to realize its potential

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