



Kundalini Yoga - Sadhana Guidelines 2nd Edition

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Create Your Daily Spiritual Practice. First published in 1974, Kundalini Yoga Sadhana Guidelines has become the best selling Kundalini Yoga manual of all time. Within these pages we hope you'll find something that inspires you to keep returning again and again, breath-by-breath, to your Self and to your practice. New to this edition: A comprehensive history of the sadhanas Yogi Bhajan gave over the years. The Aquarian Sadhana, the core of our practice until the year 2012. A revised and updated essay from Gurucharan Singh Khalsa, Director of Training for the Kundalini Research Institute. New Illustrations by Hari Jot Kaur. Several new meditations and kriyas. Kundalini Yoga Sadhana Guidelines provides great ideas for building your own personal spiritual practice. What would your life look like if you were to experience discipline in this way? Open these pages and begin the journey of a lifetime.

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