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Kundalini Yoga: How to Heal your Body naturally by Awakening your Kundalini (Kundalini Yoga, Energy Healing, Spiritual Healing)

Tashi Lingpa

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DISCOVER: How to Heal your Body naturally by Awakening your Kundalini!

Want to know how to heal yourself without medications? Interested to know an alternate way of living that treats the cause of the problem rather than the symptoms? Looking for ways to heal not just the body, but also the mind and soul? Do you want to practice a technique that will lead to spiritual well being? **Kundalini Yoga is the solution.**

The Benefits of Practicing Kundalini Yoga in Everyday Life

There are a number of physical, mental and spiritual benefits of awakening the Kundalini. Kundalini Yoga helps you calm down your mind and relax your body. You will improve your breathing; build stronger and healthier lungs and heart. A few minutes of Kundalini yoga will keep your energy levels up consistently over the whole day. Since Kundalini Yoga consists of yoga postures, deep breathing techniques, hand gestures, chanting, body locks, and meditation, you can be sure that all your body parts are getting their share of energy boost. Moreover, with meditation, your mental and spiritual health is also taken care of.

DOWNLOAD: Kundalini Yoga: How to Heal your Body naturally by Awakening your Kundalini

Here Is A Preview Of What You'll Learn in this book...

- What is the meaning of Kundalini?
- What’s the origin & science behind Kundalini Yoga?
- What are the health benefits of Kundalini Yoga?
- What is the importance of breath control & posture?
- What’s the connection between Chakra balancing & Kundalini?
- What is the significance of Mudras (hand gestures) and Mantras (chanting)?

- How does Dhrist (eye awareness) help in awakening the Kundalini?
- And much, much more!

Includes BONUS CHAPTER on Practicing Practising Kundalini Yoga at Home!

Take action today and download this book for a limited time discount of only $2.99!

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