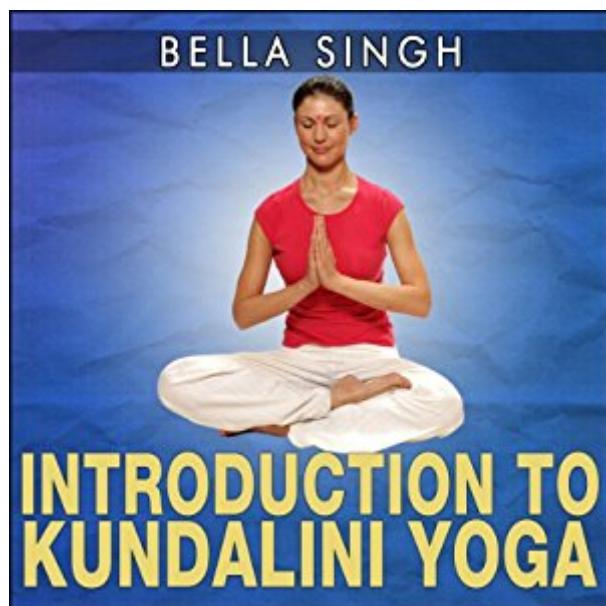


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# Introduction To Kundalini Yoga



## **Synopsis**

There are many different yoga paths in life and Kundalini yoga is one the most powerful known to mankind. Learn the basics of Kundalini yoga and find out about its potential power that can be awakened inside of you. Kundalini is a mental, physical, and spiritual path that awakens people to their inner energy. Kundalini is very powerful energy that should be taught with discretion. Some of the benefits include reduced stress and relaxation when done properly. Learn what the hype is about and why so many people are searching to learn more about their Kundalini energy. This book covers the basic concepts and teaches you how to be prepared to learn Kundalini yoga.

## **Book Information**

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## **Customer Reviews**

This was a very spiritual read. As a wife, mother, writer, and business owner, I do find myself under a lot of stress at times and since I've begun to integrate Kundalini Yoga into my daily life, I've felt much more relaxed and I believe I'm more pleasant to be around. This form of yoga not only makes you feel relaxed and calm, but it is energizing and it makes your body look great. I love the author's passion about this subject and I highly recommend this book!

Yoga is represented by many faces. Kundalini Yoga is one variation that is different from others. It energizes and makes you feel good. This is the second book by Bella Singh that I've read, and as before, I'm impressed. I'm impressed by the author's passion for Yoga, his willingness to describe the origins in detail, and his ability to inspire. Recommended for anyone interested in pursuing

Yoga for its intended purpose; not just for physical well-being.

Bella Singh's Introduction to Kundalini Yoga, has definitely exceeded my expectations. I honestly could not put the book down once I started reading it, and it ended up being the perfect little late night read for me. Aside from the fact that the book is well written, the author presents some very interesting facts about Kundalini Yoga and its benefits for the mind and body. I loved that the book goes into detail about the origin of Kundalini, giving a quick history lesson in the process. It's always nice to find a book where the author seems very knowledgeable on the subject and is able to keep the reader engaged and interested. Author, Bella Singh cleverly weaves in what kundalini energy is and how applying it into our life can help us grow and give us a higher spiritual position. Often we do yoga without fully understanding how beneficial it can be. As a beginner in Kundalini yoga, this piece was excellent for me because it presented me with a wealth of information on the subject. But it doesn't stop just there, the book goes on to further state that yoga/meditation can enhance blood flow, support digestion, and help us calm our emotions. I'm definitely pleased that I bought this book and I look forward to reading more of Bella Singh's books. Two thumbs up, a very good read.

After only reading this book, I feel energized and driven. I can only imagine how actually learning Kundalini yoga would make someone feel. I have dabbled in yoga for many years mainly as a stress reliever and to help reduce lower back pain. It has definitely made a world of difference to me. After reading Bella Singh's book, I want to move forward in my path to enlightenment and Kundalini yoga seems like the next logical step. Mr. Singh gives a general introduction into this empowered form of yoga that anyone can understand and, in my opinion, be impressed by. The author explains in great detail what to expect when first starting Kundalini and also what the average person will get out of it. I think it is incredible that something as naturally simple as yoga can transform someone's life so dramatically. The releasing of one's inner energy and developing a focus that is almost unheard of is at the core of Kundalini teachings. Who wouldn't want that? This book is very well written and over-packed with useless information. He explains what Kundalini is and how to prepare for training in it. I like that he doesn't try to over simplify it or go into so much detail that the reader loses interest. I am keeping this one as a reference for when I start Kundalini. If you are reading this review then you are at least interested in what Bella Singh has to say. I suggest that you just dive in and buy the book, it is very helpful and the author is knowledgeable about yoga.

The author seems to know what she's talking about but I'm afraid I found the book very difficult to

approach. To start with, not having a table of contents made it hard for me to navigate the content. It also meant I didn't have any idea what to expect. After all, it's not like a physical book where it's easy to flick through - it takes time to scroll through each page. There were also some strange dashes and formatting issues. Look, I seriously thought about giving it a lower rating, but I'm going to give it the benefit of the doubt and try and persist despite the fact that it's not easy to read. I truly wish the author had spent more time making this vital information more accessible.

As a business owner, my time is very valuable, but I have always struggled with tiredness and sometimes even procrastination. In an attempt to remedy the situation, I decided to give some Yoga exercises a try for 30 minutes in the morning. I searched through to find an appropriate book to help me out, and ultimately decided to purchase this book. It was a very spiritual and enlightening read, and I have begun to put the methods mentioned into practice. Now it will most likely take some time to fully realize the benefits of Kundalini Yoga, but I can happily say that I am starting to see some benefits in my energy levels at work. If you've been searching for remedies to your under-performance at work, I recommend giving Yoga a try. What do you have to lose.

My son has been using Yoga as an exercise form for a few years now and really enjoys the benefits. I really enjoyed reading and learning more about this by reading the informative book "introduction to kundalini yoga" by Bella Singh. It explains many of the forms and uses of the yoga and exercises and how to do them. If you have always wondered how and why this is a book that you should read. Looking forward to reading more by this author.

Because I've experienced back problems, I have been getting more and more into yoga. I use videos, typically, but that only shows you moves. This wonderful book gets more into the spiritual and meditative side of the art. Kundalini deals mental aspect of yoga and how to harness its energy for a calmer state of mind. I recommend this book to anyone who has some knowledge of yoga, but is looking for more.

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