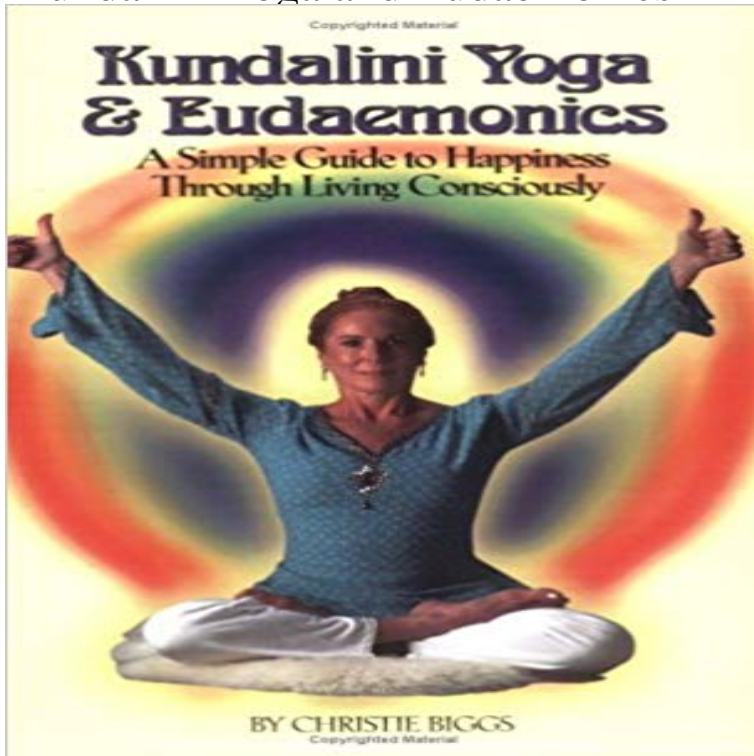


Kundalini Yoga and Eudaemonics



This book can help readers attain spiritual well-being through the ancient art called Kundalini yoga. You will learn to be here now, meaning how to live in the moment, fully aware of all five senses. The book explains how different combinations of breathing techniques, hand positions and body postures produce different energy movements within the body. Each chapter offers step-by-step pictures and explanations on topics including Different Styles of Yoga, Chakras, Meditations, and more.

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