

# [PDF] Kundalini Yoga

## Shakta Kaur Khalsa - pdf download free book

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### Books Details:

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### Description:

**From the Author** If I were to name one thing that has done the most to change my health, my outlook, and my life for the better, without hesitation I would say Kundalini Yoga. Enjoy the book with my best regards, and be sure to check out the Music and Mantra Companion CD that I produced as the perfect complement to the Kundalini Yoga book.

**About the Author** Shakti Kaur Khalsa has practiced and taught yoga since 1975. She is a certified Kundalini Yoga instructor and an AMS-certified Montessori educator. She is the author of Fly Like a Butterfly: Yoga for Children and The Five-Fingered Family and has written numerous articles about yoga and healthful living for many publications, including Mothering Magazine and Washington

Parents. She lives in Virginia.

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