



Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini (Paperback)

By Yogani

Ayp Publishing, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini provides a practical approach for incorporating yoga postures and specialized inner physical maneuvers into a compact daily routine of practices that includes spinal breathing pranayama and deep meditation. Kundalini awakening is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to provide for progressive and safe unfoldment of abiding inner silence, ecstatic bliss and outpouring divine love - the essential characteristics of rising enlightenment. Yogani is the author of two landmark books on the world's most effective spiritual practices: Advanced Yoga Practices - Easy Lessons for Ecstatic Living, a comprehensive user-friendly textbook, and The Secrets of Wilder, a powerful spiritual novel. The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books. Asanas, Mudras and Bandhas is the fourth book in the series. The third in the series is Tantra - Discovering the Power of Pre-Orgasmic Sex. The second is Spinal Breathing Pranayama - Journey to Inner Space. The first is Deep Meditation -...



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