

Kundalini Yoga - Ana Brett - A Journey Through The Chakras

The entire spectrum of human experience is represented by the chakra system. Through Kundalini Yoga you'll be radiant like the sun with this special combination of movement, breathing, stretching, meditation and chanting. This comprehensive, 90-minute. The complete body/mind/spirit work out takes approximately 90 minutes. For example, the Navel Centre or Manipurachakra (Wheel of Many Jewels), provide energy that allows us to sustain our intent.

The Anahata Chakra or Heart Center refers to compassion and expanding horizons. It also means that you should put your heart into the work. This DVD is suitable for all levels. It can be divided into chapters to allow you to vary your workouts or to focus on the segments that are most relevant to your current issues. There are modifications to make it accessible to everyone. For long-time yogis, there will be plenty of new material to enrich their yoga practice. The DVD features Tom Carden's great music.

Here's What You Will Get In Kundalini Yoga – Ana Brett – A Journey Through The Chakras

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