Begin Learning Kundalini Yoga at Home with Guru Rattana by Gabriel Robinson

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Guru Rattana takes you on a journey to self-discovery. When you subscribe to her Kundalini Yoga course and practice Kundalini yoga, you find a potent way to renew and enhance your physical and spiritual awareness and energy long-term.

What is Kundalini Yoga?

Kundalini Yoga is a combination of physical, spiritual, and mental synergy. Guru Rattana is a well-renowned teacher of this form of yoga. When you practice this yoga regularly, you develop physical and mental strength. You are more self-aware, and you have a heightened level of self-consciousness.

When you become as such, you see yourself every time in your mindâ€™s mirror. You are aware of your actions, behaviors, and deeds. You understand yourself better and this is the first step to achieve self-actualization.

Often, the greatest challenge lies in understanding oneself. This is where you can make that difference. The more you know about yourself, the more you will do things to gain benefits. You will also do more good for others. Your character and personality will improve and you will radiate a fresh spiritual energy.

This form of yoga is often called the yoga of awareness. Although it may seem a bit abstract at first, many individuals realize the benefits when a consistent regime of exercises is followed; even within the home. Today, itâ€™s possible to purchase a Kundalini Yoga DVD that will provide excellent guidance for beginners to Kundalini Yoga right in the comfort of their home!

Kundalini Yoga is not just a form of yoga. Itâ€™s also a form of physical exercise whilst being in a state of concentration. The practice of Kundalini Yoga dates back to 1000 B.C. Over the years, this yoga form has been passed onto generations orally and through the Vedas.

Where to buy a Kundalini Yoga DVD?

You can buy a Kundalini Yoga DVD at Yoga Technology online (www.yogatech.com). Yoga Technology offers many resources for those wishing to learn independently. Itâ€™s very easy to order online at their site and all purchases are secure and safe.

About Guru Rattana

Guru Rattana is a well established guru of Kundalini Yoga. As a holder of a Doctorate degree in Philosophy, Rattana has authored several books and developed an online course to further guide her students. All of her books are extremely popular, and have helped hundreds of people realize their true potential through Kundalini Yoga.

Why yoga is good for you?

Yoga is a physical exercise, which also helps you achieve mental equilibrium. You learn to control your thoughts better. This inadvertently creates holistic health, which is priceless when compared to any other exercise form in the world.

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Gabriel Robinson - About Author:
Maya Fiennes is an avid yoga enthusiast and a yoga practitioner.She follows a Kundalini Yoga DVDs, which brings the spirit and body together as one and she has been researching on it for many years. a Guru Rattana assist practitioners in maintaining good body condition and help them practice yoga in proper way.

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