Kundalini Yoga with a Modern Twist by Roland Lindberg

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Kundalini yoga is a very powerful discipline that may produce fast results for those practicing its meditations and yoga sets. Today, one of the most beloved and well-respected teachers, Maya Fiennes, provides an extensive collection of instructional DVDs and music CDs that place a bit of a modern spin on this ancient form of yoga. Just learning a little of the background of this Macedonian-born teacher makes many people wish they could know her even better.

Anyone looking to learn more about Kundalini yoga will definitely benefit from the upbeat personality and inspirational approach that Maya Fiennes lends to this style of yoga. Based upon the initial teaching of Yogi Bhajan, Maya puts a fun and modern twist on Kundalini yoga that resonates well with todayâ€™s fast-paced life.

In addition to exceptional instruction, she is also a very gifted musician. She writes, records, and arranges the majority of music alone, as well as with her husband, Magnus Fiennes. One of her most popular releases is, â€œMood Mantras.â€• This beautiful music is widely known and itâ€™s a fact th might even hear a song or two at a trendy yoga studio.

It is refreshing to find a member of this community that has found such a nice balance between what the modern world demands and the beneficial, traditional beliefs and practices of ancient Kundalini yoga. Maya Fiennes makes the introduction and study of this style of yoga fun and empowering. Her upbeat series of videos appeals to those practicing at a variety of skill levels. Mayaâ€™s, â€œJourney through the Chakras,â€• 7-DVD set takes its viewers through a detailed journey through the chakras and all within the comfort of their home. This is a great way for a beginner to explore the practice of Kundalini yoga without a large investment.

Just about anyone in the market thatâ€™s looking for Maya Fiennes DVDs or books will appreciate the vast selection thatâ€™s offered by Yoga Technology. This innovative Web site features a full collection for a very reasonable price. In fact, Yoga Technology is widely known for its extremely reasonable prices and wide range of products. Visit www.yogatech.com to see a huge collection of lessons, books, DVDs, and so much more today. Itâ€™s very easy to search for your favorite author or teacher and there are plenty of sample clips to help demonstrate the worth of each product featured throughout their site.

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

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