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Stay Fit and Fine with Kundalini Yoga by Roland Lindberg

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Kundalini Yoga has benefitted thousands of people across the globe and now it is time for you to try it and improve your life with this ancient form of yoga. Here at Yoga Technology, we try to leave no stone unturned to make your life beautiful and in doing so Maya Fiennes will help us. Maya Fiennes is widely known for her deep knowledge in meditation and Kundalini Yoga, her effervescent and lively personality instantly draws everyone's attention. She is a classical pianist and a charming performer who has come up with a unique style of Kundalini Yoga for todayâ€™s contemporary times. Her confidence and charming personality have made her one of the most sought after Yoga instructors of our time. There is nothing better we could think of other than recommending this vibrant personality's teachings to you.

Kundalini Yoga is an advanced form of yoga which works to enable you to awaken the dormant energy channels present within your body. These energy channels are believed to have the potential of expanding our existing sensory awareness to an extent that it merges with that of God. It requires a lot of devotion, concentration, and meditation which can only be put together by this form of Yoga. It comprises of various active and passive exercises that aim to awaken the existing energy channels. Kundalini Yoga is practiced to achieve spiritual bliss, enhance compassion, to develop power to uphold one's values, and to realize the theistic presence. This form of yoga gained immediate popularity only after 1969 when Yogi Bhajan introduced it in the United States.

After years of practicing this form of Yoga, Maya Fiennes has developed a deep insight and believes that there is nothing more satisfactory than the profound enigmatic experience of practicing yoga. In early 1990's she came to England to pursue her training as a classical pianist and later she won various feats and accolades for her work. It was not until 2004 that Maya Fiennes decided to become a professional Kundalini Yoga trainer. Today she lives in California and teaches at Venice. Later, she influenced everyone with her experience of practicing yoga through every communication medium possible whether published on TV, books, magazines, or DVDs, it was well received by many people. Now, at Yoga Technology we are bringing to you the experiences that she would like to share to help you improve your life. You get the liberty to begin your own study of this unique form of yoga right in the comfort of your own home. For more info, please visit www.yogatech.com.

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

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