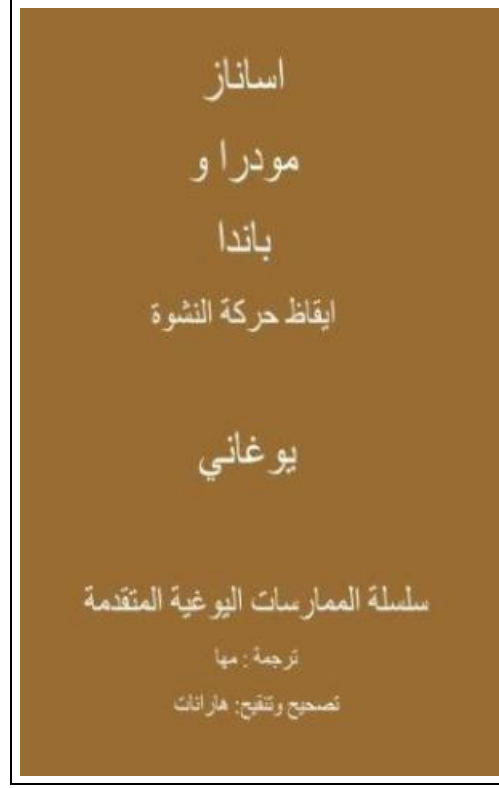


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 54 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini provides a practical approach for incorporating 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 ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices Easy Lessons for Ecstatic Living (two comprehensive user-friendly textbooks), 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 - Pathway to Personal Freedom. This item ships from La Vergne, TN. Paperback.



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