

Download I Am A Woman Yoga Manual Pdf

I Am a Woman, Essential Kriyas for Women in the Aquarian Age, is an extraordinary Kundalini Yoga manual and a must have for every woman seeking enlightenment. A companion book to I Am a Woman, Selected Lectures from the Women's Teachings of Yogi Bhan. Clearly organized by topic, it enables you, the reader, to easily focus your practice on a particular problem – for example, on clearing ...I Am a Woman: Essential Kriyas for Women in the Aquarian Age Kundalini Yoga as taught by Yogi Bhan® This yoga manual, that accompanies the "I am Woman" reader, has been organized by topic so that you can focus on a particular discipline within your own practice, generate weekend workshops for your students, or create an entire curriculum for an in-depth experience of the women's teachings ...This Yoga Manual contains Kundalini Yoga exercises and meditations for women, taught by Yogi Bhan, published by KRI – the Kundalini Research Institute. It has been organized by topic so that you can focus on a particular discipline within your own practice, generate weekend workshops for your students, or create an entire curriculum for an in-depth experience of the women's teachings ...Kundalini Research Institute C RISIS KIT *Kriyas are taken from the I AM A WOMAN yoga manual and from TRANSFORMATION VOLUME 2, Serving the Infinite. Both Manuals can be purchased online The Source (thesource.kriteachings.org)