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Kundalini Yoga Basic Spinal Energy Series KY Kriyas

(From ...Kundalini Yoga Basic Spinal Energy Series KY Kriyas (From Sadhana Guidelines) 1. Sit In Easy Pose. Grab The Ankles With Both Hands And Deeply Inhale. Flex The Spine Forward And Lift The Chest Up (IA). On The Exhale, Flex The Spine Backwards (IB). Keep The Head Level So It Does Not "flip-flop." Repeat 108 Times, Then Inhale. Rest 1 Minute. 2 ... 3th, 2024V Enus Kriyas P - Kundalini Rising - Yoga & MeditationsV Enus Kriyas P.1 The Teachings Of Y Ogi Bhajan © 2008 V Enus Kriyas Are Kundalini Y Oga Exercises Done With A Partner, Usually A Partner Of The Opposite Sex. Although V Enus Krivas Are Less Intense Than Tantric Y Oga, They Fall Into The Category Of A More Advanced Kundalini Y Oga 3th, 2024108 Recorded Kundalini Yoga Krivas On Vimeo For You!108 Recorded Kundalini Yoga Krivas On Vimeo For You! You Can Chose From An Amazing Variety Of Complete 90-minute Kundalini Yoga Kriya And Meditation Classes. Every Video Page Has A Description Section Including Title Of Kriya And Meditation, Date Of Recording, At Least One Mant 2th, 2024.

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