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Kundalini Yoga: Bring Your Lessons Home by [Roland Lindberg](#)

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At the spiritual level, yoga is a complex phenomenon as it is the fusion of microcosm with the macrocosm – or, in laymen terms, the blending of the ordinary with the extraordinary. It is a time-tested path to harmonize the body, mind and emotions, which helps one attain lasting inner peace.

Of the many variations of yoga, Kundalini Yoga is the most significant and it integrates the highest forms of yoga. All yoga variations typically fall under one of the four major forms, namely Mantra Yoga, Hatha Yoga, Laya Yoga and Raja Yoga. Kundalini is normally considered to be Laya Yoga.

What is Kundalini? In the literal sense, Kundalini means that which is coiled. It is perceived as a coiled up serpent located at the base of the spine. Kundalini represents spiritual energy or life force. Yogi Bhajan introduced Kundalini Yoga to the West in 1969.

Yogi Bhajan, hailing from India, started his yoga studies when he was only eight years old. By the time he turned sixteen, Bhajan was a very adept Kundalini Yoga practitioner. Sant Hazara Singh was his guru. After leaving his guru, Bhajan joined Punjab University and earned a master's degree in economics. He established a foundation with the name "3HO"™ in 1969 after migrating to North America. One of the avowed objectives of the foundation was to spread the teachings of Kundalini Yoga. Yogi Bhajan died in 2004 at the age of 75.

As a result of the dedicated campaigns of Yogi Bhajan and his foundation, awareness of Kundalini Yoga increased significantly. Compared to the time when Bhajan had come to the United States, practicing yoga at home has become so much easier. Individuals with extremely busy lives can still practice yoga conveniently at home. If you are a novice and would like to practice Kundalini Yoga at home, you must have access to authentic guidance to guarantee that the information you learn is correct. If the information is correct, then you will be able to continue to practice yoga in a safe, efficient and fun manner. You can find these guidelines in many popular Kundalini Yoga videos and Kundalini Yoga DVDs.

These detailed Kundalini Yoga videos and Kundalini Yoga DVDs are only available at certain places. Yoga Technology sells some of the most popular Kundalini Yoga videos, as well as Kundalini Yoga DVDs, at www.yogatech.com. Additionally, this website has information necessary for any yoga student.

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Maya Fiennes is an avid yoga enthusiast and a yoga practitioner. She follows a [Kundalini Yoga DVDs](#), which brings the spirit and body together as one and she has been researching on it for many years. a [Kundalini Yoga videos](#) assist practitioners in maintaining good body condition and help them practice yoga in proper way.

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