What Are the Benefits of Kundalini Yoga?

1. Help reduce stress
2. Strengthen and tone your body
3. Have a calm and non-reactive mind
4. Develop self-awareness and self-observation
5. Increase concentration power and clarity
6. Yoga poses increase flexibility
7. Increase your stamina
8. Increase your energy level
9. Connect with your higher power
10. Transform your life
11. Bring peace into your life