

What is Kundalini Yoga

Called "the yoga of awareness," Kundalini Yoga is an effective combination of self-transformation and personal improvement.

For many centuries this powerful and inspirational wisdom was lovingly communicated traditionally from a Kundalini yoga teacher to the student.

Kundalini Yoga was always kept very private. To teach it to the masses was not acceptable. It wasn't until 1969 that Harbhajan Singh Khalsa, also known as Bhajan and Siri Singh Sahib to his followers, introduced his version of Kundalini Yoga to the United States.

Simply stated, yoga teaches techniques of meditation, concentration and self-discipline to control both the body's emotions and the content in the mind. It focuses on a holistic approach to achieving both physical and mental health through simple living and high thinking.

These self-awareness exercises facilitate union with the higher self (also called the super-conscious mind). Yoga means union (or yoke). The goal of this path is liberation from fear and suffering (also known as mastery of the self).