What You Will Need Before Starting Your Kundalini Yoga Exercises

Of course, you will need a quiet space or room where you won't be distracted. The temperature needs to be at a comfortable setting for you. You will require a mat if you don't have a plush carpet to sit on. This eliminates pressure on your muscles, bones and joints. Comfortable clothing is also important. I like to do my yoga exercises with sweat pants, a tee shirt and bare feet. Having a towel nearby will help wipe any sweat off your face. A paper and pen for notes, especially if you get any insight during meditation.

