



# The Kundalini Yoga Experience: Bringing Body, Mind, and Spirit Together

*Dharma Singh Khalsa M.D., Darryl O'Keeffe*

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Unleash your potential to live the life you've always wanted.

Kundalini yoga engages your unique sources of energy—those that empower your spirit as well as your body. Drawing from the riches of ancient yogic tradition, *The Kundalini Yoga Experience* offers a system of physical poses, breathing techniques, and focused meditations that, when practiced together, will bring you increased physical health and strength, emotional balance, and a deeper sense of your own spirituality. With regular practice, you'll be surprised at how strong, healthy, and fulfilled you feel. Experiencing the power of Kundalini is your birthright—embrace it!

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