



# Kundalini Yoga: Sadhana Guidelines

By Yogi BhaJan

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## **Kundalini Yoga: Sadhana Guidelines** By Yogi BhaJan

First Published in 1974, Kundalini Yoga Sadhana Guidelines is the best selling Kundalini Yoga manual of all time. Within these pages are the tools to inspire you to deepen your practice and return again and again, breath by breath, to your Self and your soul. New to this edition: A comprehensive history of morning sadhana as given by Yogi BhaJan: a description of the Aquarian Sadhana, the core of Kundalini Yogis all around the world, new illustrations by Hari Jot Kaur, several new meditations and kriyas. Kundalini Yoga Sadhana Guidelines, 2nd Edition, provides great ideas for building your own personal spiritual practice. What would your life look like if you were to experience discipline in this way? Open these pages and begin the journey of a lifetime.

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*By Yogi Bhajan*

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