



## Kundalini Yoga

The world is full of possibilities. There are opportunities to truly develop ourselves and our lives and to give them the meaning that is meant for us. Often we are allowed to climb mountains before we can fully recognize them. These ascents require strength, alertness, and mindfulness. We fluctuate between trust and fear, joy and sadness, actionism and persistence, love and anger,... But it is certain that we will be led on this path and that we will be allowed to open up to what life has in store for us.

Kundalini Yoga leads us consciously into this process of life in order to awaken in us what we are allowed to experience and learn in life. It is the experiment of becoming an observer of our own selves and aligning our consciousness with infinity. It is the experience that the treasure chest full of wisdom, intuition and compassion is always within us, ready to be opened. We experience our true core, our inner infinite world, which we are allowed to offer the outer world as a gift. Each of us is unique and beautiful in a very special way. We are allowed to come to this realization, integrate it into all our bodies and begin to heal and express our selves in an authentic way. Then we encounter what we call our "I". Independent of the external "appearance". Purely geared towards our own authenticity, which we need to peel out and which leads us into deep happiness. Straight to our heart.

Kundalini Yoga is a path that is open to new times and learning processes and rests with deep roots on the earth and one's own origin. It is experiences, not theories, that we are allowed to make and that open our hearts to ourselves and gratitude for our life and everything that happens in it. It is the union of the polarities and a guide for your own personal development. Kundalini Yoga gives us an impetus to feel honestly and with love, to rediscover ourselves and to support us in being what we are from birth: happy, healthy and holy.

### Teachings and modes of action

Kundalini Yoga is the invitation for a development, to change something in our life. It is the diamond that unites more than 22 types of yoga and gives us constant health, happiness and wholeness. Kundalini Yoga is more dynamic than other types of yoga and therefore has an even stronger effect on life energy! It bridges the gap between the needs of today's people and the spirituality of yoga.

Kundalini Yoga is equally suitable for beginners and advanced practitioners. The practice lessons include kriyas (yoga series), which can also be implemented immediately for yoga beginners. Kundalini Yoga is demanding, varied, invigorating, developing and always a new experience!

Kundalini Yoga teaches you to develop a strong nervous system, vital glands, a strong immune system, good circulation, strong muscles, a balanced circulation and the whole body in a targeted manner. This leads to a steadily growing awareness of how to deal with your own body, your soul and your spirit and the effects of your own habits.

The associated meditation calms the mind and you develop the necessary intuition to recognize what is real and important. It is the art of breaking habits and purifying the mind. In addition, it promotes well-being, inner peace, stability and calm. Reactions and habits are dissolved and subconscious fears and blockages are removed, so that you are able to bundle energy and strengthen your performance and mental clarity.

Kundalini Yoga includes the eight arms of yoga practice, which make it possible to develop the complete spectrum of body and mind as a complete system. Kundalini Yoga includes these eight arms in every Sadhana or in every complete Kriya. Kundalini Yoga is more dynamic than other types of yoga and therefore has an even stronger effect on the life energy in you!