

Why Kundalini Yoga – It's The Secret Key to Personal Excellence

The boulevard press has been hot on the trail of something that is about to go mainstream across the planet. Photos are circling the globe showing actress Demi Moore, model Gisele Bündchen, motivational speaker Gabriela Bernstein, and entertainers like Russel Brand toting their yoga mats to attend regular classes in LA, NYC, and Boston. So what's the big deal?

In this case it's not just famous people going to yoga. It's deeper than that. These stars have embraced the super-spiritual Kundalini Yoga as taught by Yogi Bhanan. It's the once-secret yoga that owns a toolbox for inner peace and sustainable everyday excellence. An elegant, effective yoga that gives each participant a way to find their own personal edge. And isn't everybody looking for an edge in today's world?

Kundalini Yoga as taught by Yogi Bhanan is not new. Like other yoga ways it has its roots in a more than 5000-year-old history, but was kept secret because of its transformative powers. The visionary yoga master Bhanan brought it to the west from India in the late 60's and it soon became the yoga of the hippie generation, with ashrams popping up in major cities across the USA. Some of those hippies took that yoga with them on their path to becoming doctors, lawyers, CEOs, researchers, and psychologists. Today these men and women are still at the top of their field, as well as being revered master teachers of Kundalini Yoga.

What makes Kundalini Yoga so special? Known as the yoga of awareness, it can be seen as a key to personal freedom. Originally used by the stars to get their life back on track, Hollywood quickly discovered that Kundalini Yoga is a game-changer. The classes pair dynamic and flowing motions with meditation and mantra-packed chanting, to clear pent-up stress and free the mind of downloaded memories, leading to a reunion of body, mind, and spirit.

So by now you're thinking, can Kundalini Yoga do that for me? Quite simply, yes. It can become the key to your personal happiness and success in life.

If you are interested in learning more about how Kundalini Yoga can work for you, feel free to contact us or better yet, join us for an inspirational 4-day retreat in beautiful Tuscany on the occasion of the new moon in May 2014.

Details about us and our retreat can be found at kundalinihealing.net

Looking forward to hearing from you and welcoming you in Italy!

Sat Nam.