



Kundalini Postures and Poetry

By Shakti Pawha Kaur Khalsa

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Kundalini Yoga, also known as the Yoga of Awareness, was introduced to the Western world by Yogi Bhajan. This unique book-teaching yoga through poetry-was compiled at the request of Bhajan by one of his most accomplished students. Revealing simple yogic techniques that can be enjoyed by everyone regardless of age or physical ability, the poems and accompanying photographs will help yoga practitioners experience the flow of energy that exists in everyone.

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Editorial Review

About the Author

Shakti Parwha Kaur Khalsa was the first woman in the U.S. to be trained by Yogi Bhajan. She has been teaching Kundalini Yoga since 1969. Author of *Kundalini Yoga: The Flow of Eternal Power*, she created the "Tool Kit for Teaching Beginners Kundalini Yoga," which is used in the Masters Touch KRI Teacher Training courses. For over 30 years she produced the 3HO Newsletter, *The Science of Keeping Up*, and now writes a column for *Aquarian Times*. An ordained minister of Sikh Dharma, she teaches courses in Kundalini Yoga for Beginners, and facilitates White Tantric Yoga courses. She lives in Los Angeles.

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