

KRIYA: Yoga Sets, Meditations & Classic Kriyas

By Yogi Bhajan

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This wonderful manual comprises many of the early kriyas and meditations taught by Yogi Bhajan back in the 1970's. A time when Kundalini Yoga was still very new to the West and when students flocked from near and far to hear the revolutionary teachings and participate in the life-changing classes taught by the great Yogi.

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