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# Kundalini Yoga Kriyas

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## **Kundalini Yoga Kriyas**

Below are just a few of the thousands of Kundalini Yoga Kriyas Yogi Bhajan taught

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over the years. We've loosely grouped these Kundalini kriyas into categories, but it's challenging to label them, since kriyas work in many different ways. If you don't find what you're looking for in one section, keep looking! Please visit our Guidelines for Practice page before you begin.

**Featured Kriyas |**  
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In Kundalini Yoga a

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kriya is a series of postures, breath, and sound that work toward a specific outcome. Practicing a kriya initiates a sequence of physical and mental changes that affect the body, mind, and spirit simultaneously.

## **Kriya | 3HO Foundation**

Kundalini Yoga uses specific yoga sets of exercises, asanas,

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mudras, mantras and meditations called kriyas to produce these fast and powerful results. Kriya is a conscious, empowered action, or sequence of actions, that uses life-force energy to produce an intended, direct result.

## **Kundalini Yoga - The Kriya Method**

Kundalini Yoga Kriya  
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Pretty much all of the movements in Kundalini yoga are referred to as kriyas and they're meant to help release the kundalini energy, which is said to lay coiled at the bottom of the spine, laying dormant, until the energy is set free.

**Understanding  
Kriyas and Kundalini  
- Yogapedia.com**

Kundalini Yoga is a



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practice that has been gifted to us to strengthen and improve our nervous system. These Kundalini kriyas and yoga poses will clear and focus the mind, and bring balance to your body. Did you know Science Says Kirtan Kriya (A Kundalini Mantra) Can Help Prevent Alzheimer's - Here's Why

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## **7 Energizing Kundalini Yoga Poses and Kriyas ...**

Kundalini Yoga: Nabhi Kriya to Balance the Third Chakra. Align your third chakra and balance your center of energy with this asana set to focus on your core and breathing techniques to stimulate abdominal muscles.

Apr 6, 2017. Kundalini Yoga. A Kundalini Practice to Fight Fatigue with Guru

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## **Kundalini 101: Kriya for Balancing Your ... - Yoga Journal**

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(\*) Kundalini Yoga for

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set with ardha

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matyendrasana. KY for  
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spine strenght

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## **Kriya & Meditation Library - Kundalini Yoga & Sound Healing**

Kundalini Yoga is an ancient art and science dealing with the transformation and expansion of consciousness, the awakening and raising of Kundalini Energy up

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the spine through energy centers called Chakras.

## **Fundamentals of Kundalini Yoga**

Kirtan Kriya is one of the most important meditations in Kundalini Yoga. It was one of the first meditations taught by Yogi Bhajan, the mind goes out of balance when the pineal gland is dormant. Whatever you need at the

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moment, it will readjust and align you to bring balance into your mind and thus your life.

## **Kundalini Yoga Kriyas — Spirit Rising Yoga**

One of the most powerful Kundalini kriyas, or sequences, for finding the strength to break bad habits is a series of 13 poses called the Advanced Abdominal Strengthening Kriya. In



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part, this combination of movements and breathwork gives you an exceptional core workout.

## **13 Poses to Help You Break Bad Habits | Kundalini Yoga ...**

While Hatha Yoga is taught as a series of individual postures or sequences of postures, Kundalini Yoga is taught in Kriyas. A kriya is a series of

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postures, breath, rhythm, and sound that work toward a specific outcome. Practicing a kriya initiates a sequence of physical and mental changes that affect the body, mind, and spirit simultaneously.

## **What is Kundalini Yoga? - Lighthouse Yoga Center**

In Kundalini yoga, a kriya is a set of postures, movements

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or breath patterns which, when all performed as a sequence, lead mind and body to a specific desired outcome (whether that's stress-relief, physical health and wellbeing, etc.).

## **How to Relieve Stress with Kundalini Yoga Kriyas**

Kundalini Yoga asana sequences are called kriyas. Each kriya is a

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preset series of poses that are done with a specific breathing technique and engagement of the bandhas to intensify the effects of the pose. Each kriya is associated with a particular chakra.

## **An Introduction to Kundalini Yoga - Verywell Fit**

Kundalini Kriya is a process of converting breath into life force

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and realizing the body as light. By the perfect performance of Kriya 1,728 times in one posture (i.e., at one time) and by practicing 20,736 Kriyas, a devotee can reach a state of Samadhi (God contact). But Kriya cannot be practiced so many times by a beginner.

## **Kundalini Kriya Yoga - Siddhanath**

Kundalini Yoga,  
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