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Kundalini Yoga to transform de lowest  
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pose: sit on the heels, grab the ankles, and  
arch up so the navel point is the highest  
point Head is relaxed back (A) Begin breath  
of

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Posture: Sit in Easy Pose with a straight spine (or in Lotus Pose). Focus: Look into the palms with the eyes almost closed. Breath: Inhale in 10 sections with the mental mantra, " WHAHO. " Exhale in 10 secti

Meditation - For Guidance

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meditation is part of Kundalini yoga and is

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meant to move energy through the body. It is based on the concept that energy at the base of the spine (also known as the root chakra) needs to be released through the seven chakras of the body and then out through the crown chakra above the head.

## How to Practice Kundalini Meditation - Verywell Mind

The techniques in meditation, Kundalini yoga, and applied human beingness contained in Kundalini Intermediate Manual are drawn from the teachings of Siri Sing Sahib Bhai Sabib Harbajan Singh Khalsa Yogiji (Yogi Bhajan).

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