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Rejuvenate With Kundalini Mantra Yoga - Third Eye Chakra
The most complete type of yoga, Kundalini Yoga, brings balance to mind, body and soul by combining dynamic movements (kriyas), meditation, conscious breathing (pranayama), and the chanting of mantras. Through breath, specific movements, and timing, Kundalini works the nervous system on a cellular level and increase one's energetic awareness.

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"S" is Infinity, "T" is life, "N" means death and "M" is rebirth. (The 5th sound is "A".) This is one of the most frequently used mantras in Kundalini Yoga. Seed (Bij) Mantra. SAT NAM is the most widely used mantra in the practice of Kundalini Yoga. Sat means the Truth; Nam means to call upon, name or identify with.

Kundalini Yoga - Key Mantras
Mantra is the scientific use of sound to affect the consciousness. Next to breathing (necessary for any endeavor), the use of Mantra is the most important aspect of the practice of Kundalini Yoga. 'MAN' means mind. 'TRA' means to tune the vibration (just as one tunes the strings of a guitar).

KUNDALINI YOGA
If you have a spare moment, the Stretch Pose to rejuvenate and relax is ideal. There are many ways in which we use Kundalini Yoga for relaxation, but this is one of the best. While it takes beginners time to master this position, the sooner you start, the easier it will be.

Stretch Pose to Rejuvenate and Relax the Body
Kundalini Yoga Meditation to rejuvenate and purify the body. Activate your neutral mind and connect to the Sattvic guna of purity. Style : Mudra.

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Gurmukhi, a sacred script used in Kundalini Yoga, is more straightforward than Sanskrit but can also sound like a mouthful, at first. The good news: you don't have to memorize a sonnet-length mantra to achieve positive results. Even single-word mantras—like Om—can be pretty powerful.

13 Major Yoga Mantras to Memorize | Sanskrit Mantras ...
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It feels REALLY good! Choose some music that will get you moving, such as Sada Sat Kaur's "Adi Mantra" from Mantra Masala or Dev Saroop Kaur's "Sat Nam Bangara" from Kundalini Rising. 6. Stand up and dance. Shake and loosen every part of your body for 3-5 minutes to spread the benefits of the mediations all over your body.

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