



Taming the Kundalini

By Swami Satyananda Saraswati

Yoga Publications Trust (Bihar School of Yoga), Munger, India, 2002. Paperback. Book Condition: New. Dust Jacket Condition: New. Reprint. *Taming the Kundalini* is a collection of letters written by Swami Satyananda Saraswati to a close disciple during the period 1959-62. Through this detailed and intimate account of yogic and spiritual training, the reader is given a rare glimpse into the unfoldment of the guru-disciple relationship and the implementation of progressive sadhana as a powerful tool to awaken consciousness. In this book, the author offers to all his spiritual advice and encouragement and leads the reader into a deeper understanding of the human place within the universe. Printed Pages:198. Size: 14 Cms x 22 Cms.



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