

Kundalini Yoga classes online

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The [Kundalini Yoga website](#) gives some good tips and about 20 online lessons in Kundalini yoga. Also some nice chakra information

[Kundalini Yoga's] power comes from the Kundalini, an enormous reserve of untapped potential within each of us. It is normally depicted as a coiled or sleeping serpent, located in an area towards the base of the spine.

By gradually and safely awakening this serpent and employing its power, you will benefit greatly from an elevation in consciousness, promotion of physical well-being and an expansion of awareness. You will feel more relaxed and at ease with yourself. Your life will be transformed into one which is happy, healthy & harmonious.