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Mudra Vasudeva Kriya Yoga

Benefit: According to the yoga shastra this mudra energises 10 nadis and invigorates the whole body. The 10 nadis

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are; Ida, Pingala, Sushumna, Gandhari,
Hastijihva, Poosha, Yashasvini,
Alambhushaa, Kohoo and Shankhini.
Good for people with piles problem.
Voice become smooth and soft.

Mudra - Vasudeva Kriya Yoga

Book on Vasudeva Kriya Yoga An unique
book on Yoga covering not only Asana,

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Pranayama, Mudras, Bandhas, Hata Yoga Kriyas but also revealing the Spiritual dimension of Yoga. This book will be useful for the yoga practitioners, yoga enthusiasts and yoga teachers.

Frontpage | Vasudeva Kriya Yoga

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Mudras and Chakras | Vasudeva Kriya Yoga

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Tamil | ஸ்க்ஸ் ஸ்க்ஸ்ஸ்க்ஸ்ஸ்க்ஸ் ...

There is a healer in your palms:

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Science of Mudra

Vasudeva Kriya Yoga is Kriya, Pranayama and Mantra combined into a Single Formula. The founder of the Vasudeva Kriya Yoga, Shri. Rajendra Yenkanamoole hails from a small village Yenkanamoole located in the border of Karnataka and Kerala in South India. He has Master degrees in

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Chemical Engineering as well as
Business Administration.

About Us | Vasudeva Kriya Yoga

Yoga Classes We have been running the Vasudeva Kriya Yoga classes in Melbourne for over 15 years. The course provides in-depth knowledge of Yoga and its principles while instilling correct

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practising technique in the student. The weekly sessions cover theoretical and practical aspects of Yoga Asanas, Pranayama and Meditation.

Yoga Classes | Vasudeva Kriya Yoga

The most important aspect for readers and seekers is that for the first time they will find the secret techniques of Kriya-

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yoga, viz., Nabhi Kriya, Khecari mudra, Guru Pranama, Hamsa, prana viksana, Mahamudra, Isvarapranidhana Kriya, Thokar Kriya, Jyoti mudra, Sambhavi mudra, and different techniques of meditation, e.g., Aum, twelve-lettered ...

**The Spiritual Science of Kriya Yoga -
AbeBooks**

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Vasudeva Kriya Yoga has centres all over Melbourne and also in Bangalore. All classes are conducted by trained teachers who are mostly volunteers. [Click here to view the timetable.](#)

Yoga Centres | Vasudeva Kriya Yoga
Gyan Mudra Kriya This meditation is very simple, but very powerful if you do

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the combination right. It looks simple but coordinates both areas of the brain, gives you powerful insight, and coordinates the mystery into mastery of the three bodies. Though it looks simple, it works for many complications.

Gyan Mudra Kriya | 3HO Foundation
Vasudeva Kriya Yoga With Rajendra

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11,283 views. 13:02. Yoga Hand Mudras
- Top 5 Mudras for Good Health and
Weight Loss - Benefits - Duration: 8:29.
Geethanjali - Yoga 667,184 views.

Mudras and Bandhas

Kriya Yoga, the most ancient system of
Yoga...was revived by Kriya Babaji about
1794 years back. Kriya Yoga is a five-

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fold path of Kriya Hatha Yogum, Kriya Vasi Yogum (pranayam), Kriya Dhyana Yogum (meditation), Kriya Mantra Yogum and Kriya Bhakti Yogum (the Yoga of Love and Devotion).

Inner-Tranquility » kriya yoga

Bandhas and Mudras for locking down your body to conserve and redirect the

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energy - Duration: 11:18. Vasudeva
Kriya Yoga With Rajendra 79 views

Vipareeta Karini Mudra for anti- ageing

Vasudeva Kriya Yoga With Rajendra
1,727 views 13:14 Khechari Mudra
(kechari mudra) y Talabya Kriya —□□□□□
□□□□□—Yogananda - Duration: 7:12.

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Khechari Mudra

Strengthen your body and calm your mind to excel in life: Yoga is the need of a day - Duration: 12:22. Vasudeva Kriya Yoga With Rajendra 29 views. New

Dharana Mudra pranayama for improving the lung capacity

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Mudra, Pranayama and Meditation

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Relieve Stress and Increase Memory

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Power of Gyan Mudra and Yoga Mudras
That Can Change Your Life - Duration:
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Raise Positive Vibration 24/7 Love
Frequency Music ...

Jnana Mudra - YouTube

Rajendraji then guided us to perform

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asana and 15 rounds of Surya
Namaskara followed by Yoga Nidra.
During Pranayama phase of the class,
Rajendraji spoke about Brihadaranyaka
Upanishad . We concluded the class by
practising Mudra and Bandha along with
Vasudeva Kriya Yoga.

Class Notes Archives | Vasudeva

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Kriya Yoga

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