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Vedanta \u0026 Non Duality Nabhi Kriya
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Dr.Yogi Vikashananda | Manokranti |
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the Hype) Maha Mudra (kriya 6)~~

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Eight minutes of yoga routine for daily
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Mudra Sadhguru Reveals the Secret
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Isha Kriya Meditation in Tamil | Sadhguru
Jaggi Vasudev *Vasudeva Kriya Yoga*
introduction to kundalini yoga, third eye
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Yoga for individual and community health*

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Inner Journey to connect within:

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Benefit: According to the yoga shastra this mudra energises 10 nadis and invigorates the whole body. The 10 nadis are; Ida, Pingala, Sushumna, Gandhari, Hastijihva, Poosha, Yashasvini, Alambhushaa, Kohoo and Shankhini. Good for people with piles problem. Voice become smooth and soft.

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Yoga Classes We have been running the

Vasudeva Kriya Yoga classes in

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Melbourne for over 15 years. The course provides in-depth knowledge of Yoga and its principles while instilling correct practising technique in the student. The weekly sessions cover theoretical and practical aspects of Yoga Asanas, Pranayama and Meditation.

Yoga Classes / Vasudeva Kriya Yoga
Shambhavi Mahamudra Kriya is a similar technique as Shambhavi mudra but it adds up a few more practices like bandhas, pranayama & meditation over traditional Shambhavi mudra. This kriya is taught by the Isha Foundation where the overall practices are performed in 21 minutes session. According to Hatha Yoga Pradipika,

*Shambhavi Mudra & Mahamudra Kriya:
Steps, Benefits & More ...*

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Mudras and Bandhas

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

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About Us / Vasudeva Kriya Yoga

Vasudeva Kriya Yoga With Rajendra

1,727 views 13:14 Khechari Mudra

(kechari mudra) y Talabya Kriya —?????

?????—Yogananda - Duration: 7:12.

Khechari Mudra

O n 3rd November 2018, Vasudeva Kriya

Yoga organised a Yoga Camp at The

Great Stupa of Universal Compassion in

Bendigo. The response was

overwhelming, there were more than 120

enthusiastic participants despite the fact

that the venue was located 2 hours from

Melbourne.

Articles / Vasudeva Kriya Yoga

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*Khechari, Shambhavi and Shanmukhi
Mudra*

Mudra means one which gives happiness
in life. Best mudra is a happy face all the

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time. Mudras are connected to chakras in the body.

Mudras and Chakras

Mudra Yoga London, Finsbury Park
Yoga, Stoke Newington Yoga, N4 Yoga,
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in 'studio classes'. Class registration will
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