

KUNDALINI GLOBAL

Kundalini Global is a completely new form of Kundalini Yoga that works with the stress system to land you into presence.

It is a spiritual practise that is informed by up-to-date physiological, psychological, anatomical and neuroscientific theory and research into the body and mind.

Kundalini Global invites you to come out of a transcendent relationship to the world and recognise that you can take responsibility for yourself.

A Kundalini Global teacher is a guide not a guru. Classes aim to familiarise you with your own strength, with your own potency, with your own ability to change how you feel.

Kundalini Global is open-minded and inclusive in its approach to posture, breath, music, mantra and, most importantly, to you.

We work to be inclusive in all aspects of how we approach teaching yoga, from what we say to how we dress to how we work with posture.

As teachers we are supervised, working on a commitment to be self-reflective and not self-obsessed and to notice where our binary thinking, stories, experiences and cults of thought trip us up and limit the inclusiveness of what we offer.

Find out more on our website:

www.kundalini.global

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