

# Kundalini Tantra Satyananda Saraswati

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## Kundalini Tantra Satyananda Saraswati

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SWAMI SATYANANDA SARASWATI Swami Satyananda was born at Almora, Uttar Pradesh, in 1923 In 1943 he met Swami Sivananda in Rishikesh and adopted the Dashnami sannyasa way of life In 1955 he left his guru's ashram to live as a wandering mendicant and later founded the International Yoga Fellowship in 1963 and the Bihar School of Yoga in 1964 Over the next 20 years Swami Satyananda ...

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Swami Satyananda Saraswati (Barcelona, 1955) es una de esas personas a las que un viaje le cambió la vida Ahora bien, el suyo no fue un viaje cualquiera Un buen día, siendo joven, cansado de vivir sin encontrarle demasiado sentido a esto de la existencia, decidió marcharse sin nada en busca de todo Y esta totalidad la encontró en la India, donde dio el salto hacia el gran

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In Kundalini Tantra, Swami Satyananda Saraswati warns of the importance of doing practices to awaken ajna chakra at the same time as Mooladhara chakra so that we have the intelligence and discriminatory judgement to handle this awakening Kundalini is also known as kundalini shakti - the female principle and the energy that moves The purpose of kundalini is to rise up the spine, awakening

**Satyananda Yoga Nidra Training**

Yoga Nidra by Swami Satyananda Saraswati On-line reading materials including research on the effect of Yoga Nidra in different groups support this text Prana and Pranayama by Swami Niranjanananda Saraswati Your commitment in a nutshell 48 hours face-to-face learning 8 weeks home study & practise, approx 5 - 6 hours weekly Completion of on-line tasks to assess knowledge Minimum 4 x teaching

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