



Advanced Yoga Practices

Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini

AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(5:10)
02 - Chap 1 - THE BODY - DOOR TO THE INFINITE	(4:40)
03 - Chap 1 - Yoga - Ancient and Ever New	(5:50)
04 - Chap 1 - Asanas, Mudras and Bandhas to Join Body and Spirit	(5:27)
05 - Chap 1 - Going Beyond Relaxation	(4:24)
06 - Chap 2 - ASANAS	(1:44)
07 - Chap 2 - Postures - An Important Limb of Yoga	(9:01)
08 - Chap 2 - Asana Starter Kit	(18:48)
09 - Chap 2 - Abbreviated Asana Starter Kit	(3:40)
10 - Chap 2 - Practice Routines and Self-Pacing	(1:31)
11 - Chap 2 - The Ideal Practice Routine	(6:58)
12 - Chap 2 - Purification of the Neurobiology	(6:28)
13 - Chap 2 - How to Avoid Excess and Strain	(2:01)
14 - Chap 2 - Overdoing in Asanas	(5:02)
15 - Chap 2 - Physical Exercise Before and After Yoga Practices	(3:15)
16 - Chap 2 - Movements and Automatic Yoga	(2:58)
17 - Chap 2 - Electric Jolts - What Are They?	(2:53)
18 - Chap 2 - Asanas in Relation to the Overall Yoga Program	(3:25)
19 - Chap 3 - MUDRAS AND BANDHAS	(2:17)
20 - Chap 3 - Kundalini Primer	(5:14)
21 - Chap 3 - Instructions for Mudras and Bandhas	(6:08)
22 - Chap 3 - Mulabandha (root lock)	(4:42)
23 - Chap 3 - Uddiyana Bandha (abdominal lock)	(3:56)
24 - Chap 3 - Jalandhara Bandha (chin lock)	(4:59)
25 - Chap 3 - Sambhavi Mudra (third eye seal)	(3:50)
26 - Chap 3 - Siddhasana (perfect pose or seat)	(5:20)
27 - Chap 3 - Kechari Mudra (seal of inner space)	(8:31)
28 - Chap 3 - Yoni Mudra (spinal nerve seal)	(4:53)
29 - Chap 3 - Maha Mudra (great seal)	(4:16)
30 - Chap 3 - Yoga Mudra (seal of yoga)	(1:42)
31 - Chap 3 - Automatic Yoga and the Hand Mudras	(3:06)
32 - Chap 3 - Whole Body Mudra	(3:30)
33 - Chap 3 - Filling in the Practice Routine	(2:24)
34 - Chap 3 - Add-ons to Spinal Breathing Pranayama Session	(6:41)
35 - Chap 3 - Mudras and Bandhas as Stand-Alone Practice	(2:33)
36 - Chap 3 - Mudras and Bandhas in Deep Meditation and Samyama	(2:22)
37 - Chap 3 - The Overall Practice Routine	(3:57)
38 - Chap 3 - The Rise of Inner Energy	(3:05)
39 - Chap 4 - AWAKENING ECSTATIC KUNDALINI	(4:38)
40 - Chap 4 - Symptoms and Remedies	(0:54)
41 - Chap 4 - Symptoms	(6:10)
42 - Chap 4 - Self-Pacing	(2:12)
43 - Chap 4 - Additional Remedies for Excess Kundalini Energy	(2:45)
44 - Chap 4 - Premature Kundalini Awakening	(5:20)
45 - Chap 4 - Mind-Boggling Energy and Intelligence	(4:26)
46 - Chap 4 - Enlightenment - Outpouring Divine Love	(1:00)
47 - Chap 4 - Three Steps of Enlightenment	(5:40)
48 - Appendix - A YOGA-FRIENDLY EXERCISE PROGRAM	(2:24)
49 - Appendix - Aerobic Exercise	(3:09)
50 - Appendix - Muscle Toning	(2:17)
51 - Appendix - Streamlined Muscle Toning Routine	(8:32)
52 - FURTHER READING AND SUPPORT	

Total Run Time - 3 Hours, 46 Minutes