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In Discussion Archives Available

April 14th 2010: "The Life and Career of Gurutej Kaur - The Art of Kundalini Yoga"

Guest Gurutej Kaur joins "In Discussion" with her infectious and humorous approach to life and passion for yoga. Her journey from the 1960's charts a life devoted to people's well-being through Kundalini yoga. "Yoga" generally translated means integration or union, with most experts agreeing that the union is that of the soul with the Cosmos or a Supreme Being. That being said, yoga comes in many forms specifically designed to suit different kinds of people. As the yoga of awareness, Kundalini is an ancient, specific system using posture-exercises, breathing and sound. Practicing it integrate

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