

Mp3 Sky 2006 - Aquarian Sadhana

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7 MP3 Songs NEW AGE: Spiritual, SPIRITUAL: Mantras Details: These Aquarian mantras from the Kundalini Yoga tradition were recorded during the spring of the SKY (School of Kundalini Yoga) teacher training program in the UK, 2006. The album reflects the spirit of dawn sadhanas (daily practice) in the barn of the beautiful Tudor manor at Upton Court in Berkshire. During those sadhanas, the group experienced many magical moments and a deep opening of the heart. The sadhanas were recorded live and the pure energy of those mornings will resonate with the listener. Yogi Bhajan, the master of Kundalini Yoga, promoted the need to build community. Whether practising alone or in a class, these mantras carry the vibration and elevation of group consciousness. This CD is suitable for accompanying yoga practice and chanting. People who are interested in Jai Uttal Snatam Kaur should consider this download.

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