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The guru is in you.

Yogani

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# **Asanas Mudras and Bandhas**

**Awakening  
Ecstatic Kundalini**

**Yogani**

**From The AYP Enlightenment Series**

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Library of Congress Control Number: 2006907578

Published simultaneously in:

Nashville, Tennessee, U.S.A.

and

London, England, U.K.

This title is also available in eBook format – ISBN 0-9786496-1-3  
(For Adobe Reader)

ISBN 0-9786496-0-5 (Paperback)

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## Further Reading and Support

Yogani is an American spiritual scientist who, for more than thirty years, has been integrating ancient techniques from around the world which cultivate human spiritual transformation. The approach he has developed is non-sectarian, and open to all. In the order published, his books include:

### ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living***

A large user-friendly textbook providing 240 detailed lessons on the AYP integrated system of yoga practices.

### ***The Secrets of Wilder – A Novel***

The story of young Americans discovering and utilizing actual secret practices leading to human spiritual transformation.

### ***The AYP Enlightenment Series***

Easy-to-read instruction books on yoga practices, including:

- ***Deep Meditation – Pathway to Personal Freedom***
- ***Spinal Breathing Pranayama – Journey to Inner Space***
- ***Tantra – Discovering the Power of Pre-Orgasmic Sex***
- ***Asanas, Mudras and Bandhas – Awakening Ecstatic Kundalini***
- ***Samyama – Cultivating Stillness in Action*** (2nd half 2006)
- ***Diet, Shatkarmas and Amaroli – Yogic Nutrition and Cleansing for Health and Spirit*** (1st half 2007)
- ***Self Inquiry – Dawn of the Witness and the End of Suffering*** (1st half 2007)
- ***Bhakti and Karma Yoga – The Science of Devotion and Liberation Through Action*** (2nd half 2007)
- ***Eight Limbs of Yoga – The Structure and Pacing of Self-Directed Spiritual Practice*** (2nd half 2007)

For up-to-date information on the writings of Yogani, and for the free *AYP Support Forums*, please visit:

**[www.advancedyogapractices.com](http://www.advancedyogapractices.com)**

***Asanas, Mudras and Bandhas – Awakening Ecstatic Kundalini*** provides a practical approach for incorporating yoga postures and specialized inner physical maneuvers into a compact daily routine of practices that includes spinal breathing pranayama and deep meditation.

***Kundalini awakening*** is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to provide for progressive and safe unfoldment of abiding inner silence, ecstatic bliss and outpouring divine love – the essential characteristics of rising enlightenment.

Yogani is the author of two landmark books on the world's most effective spiritual practices: ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living***, a comprehensive user-friendly textbook, and ***The Secrets of Wilder***, a powerful spiritual novel.

***The AYP Enlightenment Series*** makes these profound practices available for the first time in a series of concise instruction books.

