Yoga Kundalini

Kundalini Yoga is a form of yoga that is very well suited for the busy times we’re living in. Even a couple of minutes of yoga per day can make a real difference. A class consists of a sequence of dynamic yoga exercises, followed by relaxation and a meditation, sometimes combined with a mantra. Breathing plays a central role during this class. The exercises work on the glandular system and on the nervous system. That’s why the classes do not only have a physical effect, but also a mental one. It gives you inner balance and makes you aware of who you are.