

## A WOMAN S BOOK OF YOGA KHALSA HARI KAUR SEIBEL MACHELLE M %0A

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About A Woman's Book of Yoga: Interest in yoga is at an all-time high, especially among women. Whether readers wish to begin the practice or are already involved in yoga, this innovative book will help them understand the unique benefits yoga provides for a woman's health and mental well-being.

[A Woman's Book of Yoga: Embracing Our Natural  
Life Cycles ...](#)

A Woman's Book of Yoga is a collaboration between kundalini yoga teacher Shakta Kaur Khalsa and medical doctor Machele M. Seibel, who explain the basics of kundalini yoga and how to use it during various phases of a woman's life. Their instructions cover menstruation, PMS, sexuality, pregnancy, labor, postpartum, and menopause. In addition to kundalini techniques, ayurvedic nutritional advice

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Using his expertise on women's health issues, Dr. Siebel reveals the scientific basis for yoga's positive effects on the brain. Together, Dr. Siebel and Hari Khalsa create a dialogue of spiritualism and science, elucidating how every woman can reap the rewards of yoga for a lifetime.

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### **Hari ...**

A Woman's Book of Yoga is a collaboration between kundalini yoga teacher Shakta Kaur Khalsa and medical doctor Machel M. Seibel, who explain the basics of kundalini yoga and how to use it during various phases of a woman's life. Their instructions cover menstruation, PMS, sexuality, pregnancy, labor, postpartum, and menopause. In addition to kundalini techniques, ayurvedic nutritional advice

### **A Woman's Book of Yoga - Kindle edition by Machel M...**

A Woman's Book of Yoga is a collaboration between kundalini yoga teacher Shakta Kaur Khalsa and medical doctor Machel M. Seibel, who explain the basics of kundalini yoga and how to use it during various phases of a woman's life. Their instructions cover menstruation, PMS, sexuality, pregnancy, labor, postpartum, and menopause. In addition to kundalini techniques, ayurvedic nutritional advice and recipes are also provided.

### **A Woman's Book of Yoga: Embracing Our Natural Life Cycles**

Interest in yoga is at an all-time high, especially among women. Whether readers wish to begin the practice or are already involved in yoga, this innovative book will help them understand the unique benefits yoga provides for a woman's health and mental well-being.

### **A Womans Book of Yoga - Hari Kaur - yogatech.com**

A Woman's Book of Yoga, by Machel M. Seibel, M.D. together with renowned yogini Hari Kaur Khalsa, shows how every woman can embrace the feminine energy of creation to enhance her physical and spiritual development.