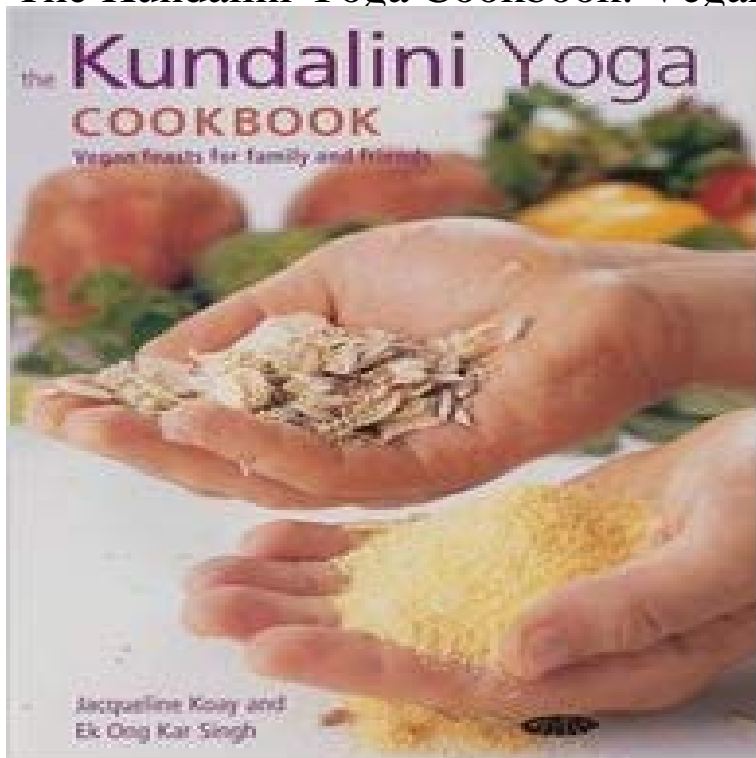


The Kundalini Yoga Cookbook: Vegan Feasts for Family and Friends



Delicious quick and easy vegan food for your family and friends, against a Kundalini Yoga backdrop. Preparing food that it is charged with yogic energy - tempting the palate and satisfying the soul. Cooking and feasting that incorporates chakra healing and holistic re-energising. Cooking intuitively without the use of measuring utensils - where ingredients are added by handfuls and pinches. Fascinating background reading about the lifestyles, food and cleansing diets of the yogi. Kundalini yoga postures and movements to help cleanse your body and release energy blockages included.

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