

## ACKNOWLEDGMENT



The technology of Kundalini Yoga and White Tantric Yoga was brought to the West from India by the grace of the Siri Singh Sahib, Harbhajan Singh Khalsa Yogiji (Yogi Bhajan). The teachings in this manual are entirely his gift. We wish to gratefully acknowledge his gift and inspiration to serve our highest human potential. Any errors or omissions in this manual are entirely the fault of the Editors and the Illustrator and by no means reflect upon the perfection and comprehensiveness of the teachings.



The yoga sets in this manual are classes taught by Yogi Bhajan and are available on audio and video tapes. Although every effort has been made to communicate the technology of these classes accurately, nothing replaces the experience of doing Kundalini Yoga with the Master, Yogi Bhajan. We suggest that you enhance your yoga experience by collecting video tapes of one or more of your favorite sets from this manual. There is something about doing Kundalini Yoga in the presence of the Master, Yogi Bhajan (even on video tape) that brings out the best yogi within you. Tapes can be purchased through Golden Temple Enterprises, Box 13 Shady Lane, Española, New Mexico 87532.