

**MUSIC**

See Appendix A for information on where to get music played in various sets. If you do not have the specific tape played in a set you may substitute other meditative music or do the set without music.

**ON YOUR WAY...**

The exercises in this manual are designed to be safe for most people provided the instructions are followed carefully. The benefits attributed to these exercises come from the centuries-old Yogic tradition. Results will vary due to physical differences and the correctness and frequency of practice. The publishers and authors disclaim all liability in connection with the use of the information in individual cases. As with all unsupervised exercise programs, your use of the instructions in this manual is taken at your own risk. If you have any doubts as to the suitability of the exercises, please consult a doctor.

We invite you to now enjoy the practice of the Kundalini yoga techniques contained in the following pages. If you have any questions or concerns about your practice of Kundalini Yoga, please contact your local 3HO Foundation teaching center, listed in the yellow pages.