



I am a Woman: Creative, Sacred and Invincible (Manual): Essential Kriyas for Women in the Aquarian Age

Yogi Bhajan

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This extraordinary yoga manual is a must for any woman! Organized by topic, you can focus your practice on a particular problem, such as clearing old patterns or you can simply open it up and try something new. Each chapter includes a vigorous kriya or two, several meditations and a mantra practice to connect you to the divine within.

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