

Recorded Kundalini Yoga Kriyas on Vimeo for You!

You can chose from an amazing variety of complete 90-minute Kundalini Yoga kriya and meditation classes.

Every video page has a description section including title of kriya and meditation, date of recording, at least one mantra file, and a **DISCLAIMER** which we kindly ask you to read once before your first practice.

The showcase page has a **SEARCH FUNCTION** you can use to search, for example, for all kriyas which contain the word "heart" in the title.

- #1 Kriya for Elevation (with Sat Kriya) & 16 Stroke Pranayama to Rebuild Health
- #2 Kriya for the Heart Centre & Meditation for a Calm Heart
- #3 Kriya for Solar Energy & Meditation to Burn Past Karma
- #4 Kriya to Move Glandular System & Pranayama to Balance Mental Energy
- #5 Kriya for Body Cleansing & Disease Prevention
- #6 Awakening to Your 10 Bodies & Laya Yoga Meditation
- #7 Kriya for Anti-Stress and Heart Connection & Pranayama for Disease Prevention
- #8 Total Balance Kriya & Cross-Heart Kirtan Kriya
- #9 Refreshing the Nervous System & Magic Mantra for Transformation through Crisis
- #10 Refreshing the Nervous System & Pranayama for Meditative Balance
- #11 Meditation Facilitators & 31 minutes Kirtan Kriya
- #12 Kriya for Navel and Elimination & Celestial Communication Gobinde Mukande
- #13 Prep for Lungs, Magnetic Field and Deep Med & Kirtan Kriya
- #14 Working the Meridians & Kirtan Kriya
- #15 Folding & Unfolding Energy (Psyche, Sciatic & Vagus) & Kirtan Kriya
- #16 Getting Rid of Faults in the Spine & Anti-Stress Breathing
- #17 Heart Meditation Series & Pranayama to Alleviate Stress
- #18 Body Alignment to Elevate Spirit & Celestial Communication Ek Ong Kar Satnam Sri Waheguru
- #19 For Instinctual Self to Balance Lower Chakras & Open Heart Meditation
- #20 Strengthening Navel, Digestion, Elimination and Creative Energy & Meditation to Dispel Inner Anger
- #21 Pituitary Gland Series & Meditation for the Positive Mind
- #22 Creativity and 5th Chakra & Aad Naad Kriya
- #23 Kriya for Achieving Comfortable Sleep & Meditation for Listening and Knowing (Har Har Mukande)
- #24 Relaxation Series to Remove Negativity and Tension & Meditation for Projection and Protection from the Heart
- #25 Building Strength and Vigour & Meditation for Applied Creativity
- #26 For the Sciatic Nerve & Bandhana Kriya Pranayama
- #27 Create Muscular Balance & Ajai Alai Celestial Communication

- #28 Kriya for Liver, Colon and Stomach & Happiness in the Circle of 8
- #29 Kriya for Radiant Body and Courage & Guru Gobind Singh Shakti Mantra Meditation
- #30 Navel Strength & Celestial Communication Nirbhau Sat Siri
- #31 Aerobic Capacity and Efficiency (Lungs and Blood Oxygen), Shushumna Nadi & Alternate Nostril Ong Chant
- #32 Building the Nervous System & Female-Male Energy for Creativity
- #33 Adjusting the Navel & Mental Outer Projection Meditation
- #34 Aerobic Capacity and Efficiency / Creative Capacity of Life & Meditation to Bless Yourself
- #35 Kriya for Pranic Body and Vitality & Meditation to Break Shell of Ego
- #36 Navel Energy / Ribcage Area & Healing Meditation Ra Ma Da Sa
- #37 Soul Body Divinity & 11 Minutes Sat Kriya
- #38 Exercise Set for Metabolic Change & Seven Star Meditation
- #39 Anti-Stress, Navel Energy, Raising Kundalini & The Power to Heal with Ra Ma Da Sa
- #40 Kundalini for the Heart & Creator Synchronization Meditation
- #41 Kriya for Vitality, Nadi Shodhana Pranayam & Sat Kriya
- #42 Kriya for Arcline and Alertness & Elevation of Body, Heart and Mind with Ra Ma Da Sa
- #43 The Spine & Pranayama for Clarity, Alertness and Energy
- #44 Kriya for the Lymph System & Chanting Ong Sohang
- #45 Nerve Balance and Heart Centre & Radiant Body Meditation with Ajai Alai
- #46 Circulation & Empower the Psyche's Projection
- #47 Morning Set and Changing Emotion to Devotion & Radiant Body Prosperity Meditation
- #48 Guardian of Health & Meditation for the Arcline and to Clear the Karmas
- #49 Kriya to Control Your Domain & Shakti Mantra Meditation (Laya)
- #50 Exercise Set for State of Mind and Paranoia & Meditation to Make the Impossible Possible (Ganpatti Kriya)
- #51 Kriya to Strengthen the Aura & Dynamic Master's Touch Meditation
- #52 Foundation for Infinity & 8-Stroke Pranayama for Enhanced Psyche, Self-Blessing and Intuition
- #53 Maintaining a Flexible Spine & Sitali Pranayama
- #54 Energy Transformation & 8-Stroke Pranayama for Enhanced Psyche, Self-Blessing and Intuition
- #55 Anti-Stress and Release Negativity & Laya Yoga Meditation
- #56 Flexibility and the Spine & Meditation to Melt Negativity
- #57 Breath Meditation Series for Glandular Balance & Meditations for Negative, Positive and Neutral Mind
- #58 Beginner's Series II & Kirtan Kriya Meditation
- #59 Exercise Set to Create a Disease-Free Body & Lotus Prayer for Prosperity and Projection unto Victory
- #60 Morning Sadhana & Gyan Mudra Kriya Pranayama for Deep Insight

- #61 Kriya for Anti-Stress and Natural Adjustment & Meditation to Get Rid of Fear and Split Personalities
- #62 Short Nabhi Kriya & 31 Minutes Kirtan Kriya
- #63 Kriya for Optimum Health & Meditation for Trust
- #64 Opportunity and Green Energy Set & 16 Stroke Pranayama to Rebuild Health
- #65 Bridge Series and Heart's Delight & Long Ek Ong Kaar Meditation
- #66 SPECIAL CLASS - Warm-up Series & Nadi Shodhana Pranayam (energy channel cleansing)
- #67 Kriya for Disease Resistance & Meditation Earth to Heavens (Hast Kriya: "Holding the Hand of God")
- #68 Nabhi Kriya for Prana-Apana & Breath of Ten Pranayama to Become Disease-Free & Meditation to Deepen your Personality (Remove Blocks)
- #69 Complete Warm-Up and Preparation for Meditation & Pranayama to Fight Brain Fatigue
- #70 Heart of Gold & Ek Ong Kaar Satnaam Sri Waheguru Chant

Sat Naam Wahe Guru