

108 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
- #71 Exercise Set for the Kidneys & Antar Naad Mudra Full Moon Meditation
- #72 Kriya for Circulation, Heart and Immune System, Pranayama for Balancing Mental Energies & Meditation for Self-Love
- #73 Balancing the Depository System (for Thymus Gland & Immune System) & Meditation to Surround Yourself with Protection
- #74 Electro-Magnetic Field and Aura Perception & Meditation for Prosperity, Intuition, Radiant Body & Master's Touch
- #75 Energize Your System & Meditation to Break the Cocoon of Your Ego
- #76 Working on the Lower Spine the Navel Centre & Shooniya Kriya & Pranayama to Build Intuition
- #77 Nervous System Overhaul & Power to the Brain & Meditation Dr. Feelgood
- #78 Exercises for Physical & Mental Vitality & the Electromagnetic Field - Meditation to Develop Sophistication and Live Without Fear
- #79 Kriya for Anti-Stress and Balancing Prana Apana / Pranayama Meditations for Clearing Emotions of the Past & for Surrender
- #80 Complete Workout for the Total Self & Meditation to Open the Lock of the Heart
- #81 Set for Thymus, Immunity and Cellular Oxidation & Pranayama to Experience the Original Self
- #82 Creative Energy Kriya & Karnee (Creativity) Kriya Meditation
- #83 Glandular System Tuneup and Take Away Stress & Pranayama to Alleviate Stress and Cross-Heart Kirtan Kriya
- #84 Kriya to Develop the Power to Win & Pranayama to Unlock Your Mind
- #85 St Valentines Special (Part 1): Kriya for Regeneration & Meditation to Heal a Broken Heart
- #86 St Valentines Special (Part 2): Kriya for Regeneration & Meditation to Open the Heart
- #87 Kriya for Anti-Stress and Beauty & Pranayama to Build Intuition and Happiness in the Circle of 8
- #88 Nabhi Stimulation and Becoming Crystal Clear & Pranayama for Health, Energy and Radiance and Reinvigoration Kriya
- #89 Kriya for Brain Detox and Memory Maintenance & Meditation for a Calm Heart
- #90 Kriya for Removing Body Blocks & Meditation for Self-Efficacy (Pauri Kriya)
- #91 Kriya for Cleansing the Lymph Glands & Basic Breath Series
- #92 Kriya for Nerve Balance & Meditation to Experience the Source of Your Infinity
- #93 Kriya to Massage the Lymphatic System & Nadi Shodhana Pranayam

- #94 Kriya for Self-Renewal and Perpetual Youth including a Meditation for the Victory of Courage and Fearlessness
- #95 Kriya to De-Stress and Re-Charge Yourself & Sarab Gyaan Kriya Meditation (with Siri Mantra)
- #96 Kriya for Adjustment of the Blood & Working on the Psyche through the Spine
- #97 Kriya for Mental Efficiency, Intuition, Communication, Brain and Parathyroid & Open Lotus Heart Meditation
- #98 Working on the Hypothalamus & Pranayama to Stimulate Pituitary and to Balance Brain and Metabolism
- #99 Natural Adjustment & Transitioning into the next Age
- #100 Strengthening the Central Nervous System & Celestial Communication "Dharti Hai Akash Hai Guru Ram Das Hai"
- #101 Communication Between the Hemispheres & Naad Meditation to Communicate from Totality
- #102 Surya Kriya & Seven Stars Meditation
- #103 Kriya for Heart and Soul & Meditation to Balance the Elements beyond Stress and Duality
- #104 Kundalini Set #3 & Meditation to See the Unseen
- #105 Kundalini Set #1 & Liberated Heart Meditation / Swan's Neck Pranayam
- #106 Kundalini Sets #5 and #6 & Meditation on Truth for Prosperity and Radiance
- #107 Self-Adjustment of the Spine and Pelvic Balance & 4-Stroke Pranayama to Build Intuition
- #108 Short Nabhi Kriya & Accessing the Source of Strength in You with Narayan Meditation

Sat Naam Wahe Guru