



The Kundalini Yoga Cookbook: Vegan Feasts for Family and Friends

Jacqueline Koay, Ek Ong Kar Singh

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Delicious quick and easy vegan food for your family and friends, against a Kundalini Yoga backdrop
Preparing food that it is charged with yogic energy - tempting the palate and satisfying the soul
Cooking and feasting that incorporates chakra healing and holistic re-energising
Cooking intuitively without the use of measuring utensils - where ingredients are added by handfuls and pinches
Fascinating background reading about the lifestyles, food and cleansing diets of the yogi
Kundalini yoga postures and movements to help cleanse your body and release energy blockages included.



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