



REBIRTHING: Breath, Vitality, Strength (O)

Yogi Bhajan

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"The idea of rebirthing is to release the subconscious, the storehouse of misery." Yogi Bhajan

Heal the pain of the past and overcome the obstacles which keep you from living your best life awakened, rejuvenated and present to your purpose.

Rebirthing Courses by Yogi Bhajan have long been some of the most talked about classes he offered in his 35 years of teaching in the United States and abroad. For the first time, these kriyas are now available in a single manual along with the lectures that accompanied them. All 31 courses are represented in this manual with all kriyas explained and illustrated.

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