

In praise of *Kundalini Rising*...

“A wonderful book to get anyone on the path to enjoying and understanding different aspects of Yoga. Comforting and inspiring, this book reassures the novice or expert that Yoga is fun, healing, and quite an adventure. The pictures and poetry lift the spirits and encourage one to stoke the creative self by exploring the body, mind, and spirit.”

—*Candace Jordan, Yoga Instructor for Yoga Circle Studio, Seattle area, and Licensed Massage Therapist*

“Take your Yoga practice to a new level with *Kundalini Rising*. April takes your hand and gently leads you through each chakra with simple, yet profound, instruction on the sometimes daunting subject of raising Kundalini. It quickly becomes apparent what is so amazing about practicing Yoga: your energy system is awakening through posture and breath – miraculous! This book is a journey you can repeat again and again as your consciousness shifts and yet another layer reveals itself. As April suggests, ‘Remain open to the possibilities!’”

—*Lynne Ludlum, Owner, “Average Joe Yoga” studio, Seattle area*

“With *Kundalini Rising*, April Petty provides us a wonderful primer on the relationship of Yoga postures to the seven chakras and Kundalini energy. The book’s form is that of Kundalini arising from the Root chakra up through each of the body’s other energy centers to the Crown chakra. Each chapter presents a chakra and a variety of postures appropriate for both beginning and experienced students, through instruction, and likely pitfalls, all in the easy conversational style of an obviously experienced teacher. The author’s illustrations are delightful. Another plus is a good index. The crowning gifts are the lovely, original Haiku introducing each posture.”

—*Charlene Cappellini, Namaste Yoga Center, Tallahassee, Florida*