

Title: Conversations

Subtitle: Issues with KalaChakra Yoga and 7 Forms of Yoga

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Six Yogas - Wikipedia

There are only 6 forms which spiritually sounds like throwing darts in random directions to hit the target.

The Kundalini Yoga is hormones created by the gonads, when the breath solar plexus, we create energy is a fit through the practise of Hatha Yoga.

Hatha yoga should be more like a cross referencing of Tai-Chi, Chi-Gong maintaining a strong abdomen, which allows energy to flow through us.

Doing stretching is essential to allow the body to flow, and without it people as the body literally contracts.

The balance of mind and body to observe our own nature, in a balanced body us to channel Chi through the Flowering of our higher consciousness (Jnana)