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And Meditation By Gurmukh Kaur Khalsa**

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From internationally renowned yoga teacher Gurmukh comes a book on pregnancy unlike any other. Bountiful, Beautiful, Blissful is a treasury of wisdom, information

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Gurmukh Kaur Khalsa is cofounder and Kundalini Yoga and Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth With Kundalini Yoga

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Gurmukh Kaur Khalsa is cofounder and director of Golden Bridge Yoga, the premier Kundalini Yoga center in Los Angeles, The Radiant Power of Women.

Gurmukh kaur khalsa | yoga journal

Gurmukh Kaur Khalsa is a Kundalini yoga and the author of Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini

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