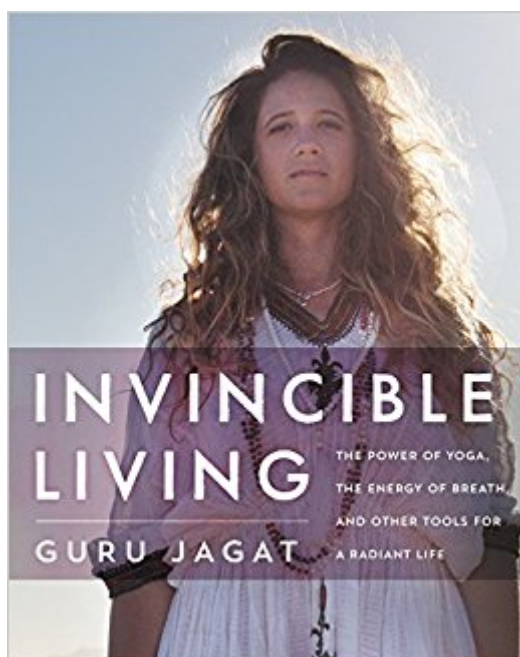


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# Invincible Living: The Power Of Yoga, The Energy Of Breath, And Other Tools For A Radiant Life



## Synopsis

From acclaimed yoga teacher Guru Jagat comes a wildly cool, practical, and beautifully illustrated guide to applying the simple and super-effective technology of Kundalini Yoga and Meditation to everyday life, upgrading your "operating system" inside and out. With *Invincible Living*, Guru Jagat shares a radical way of understanding yoga – not just as something to do in practice, but as a broader principle for living. Candid, encouraging, and irreverent, Guru Jagat shows how Kundalini Yoga – which forgoes complex poses for energy-boosting, breath-driven exercises, quick meditations, and simple poses most of which you can do at your desk – can reset your life and well-being, regardless of your age or background. Designed explicitly for everyday people, not ashram-going or gym-bodied yogis, fast, effective Kundalini techniques can be done anywhere, from the car to the conference room. There's no need to have a bendy back or toned arms. You don't even need a mat: just a quiet space to clear your head, and as little as a minute out of your day. From beauty and self-care to work and relationships, *Invincible Living* tackles both the mind – from mood elevation and stress reduction to renewed mental clarity – and the body – from anti-aging, and increased metabolism to amped up energy. Packed with tips, exercises, and step-by-step instructions and fully photographed and illustrated in Guru Jagat's fresh, handmade-meets-hipster style, *Invincible Living* is a fresh take on ancient wisdom: a must-have guide for anyone who wants simple, effective, tools for a supercharged life as taught by a uniquely compelling teacher who upends all preconceptions about yoga. *Invincible Living* includes 100 color photographs and illustrations.

## Book Information

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## Customer Reviews

“After meeting Guru Jagat and becoming introduced to the technology of Kundalini Yoga, every part of me has become awakened. I’m clearer, stronger, more conscious, and more creative than ever. Guru Jagat’s tell-it like-it-is style is modern, relatable, and very doable--I love it.” (Alicia Keys)

“I have had the pleasure of practicing with Guru Jagat. She has a beautiful way of bringing a youthful and accessible approach to an ancient practice and her mission to bring more people into this movement of reaching a collective higher consciousness.” (Kate Hudson, *People*)

“Guru Jagat’s teaching brings you to a place of strength, joy, courage, compassion, light, and wisdom. She is a modern girl’s guru, with an uncanny ability to connect on a soul level with humor, wit, and intelligence. Because of her, Kundalini has transformed my life.” (Shiva Rose, founder, *The Local Rose*)

“Flowing within this array of powerful consciousness techniques is one woman’s insightful exploration of self-trust, self-appreciation, and devotion to her higher self. Use this artfully created mirror to illuminate your own strengths, talents, and unique gifts.” (Harijiwan Khalsa)

“Whether or not auras and chakras appeal to you, spending a few minutes a day on any of the practices will give you a discernible buzz that activates creativity, vitality, and a sense of something beyond yourself--and makes you radiant in a way that’s about more than looks.” (Vogue)

Guru Jagat is the charismatic, wise, yet irreverent teacher at the heart of the new yoga movement. She will upend everything you think you know about yoga. In this fresh guide to an ancient technology, Guru Jagat reveals how the simple, super-effective technologies of Kundalini Yoga and Meditation will upgrade your body’s operating system and reset your life. In *Invincible Living*, Guru Jagat brings to the page the same straightforward, hilarious, and deeply wise style that has made her a beloved teacher to show how these ancient techniques are the perfect complement to the digital age, getting you off the mat, out of the studio, and into a healthier, happier, invincible life. A candid and encouraging guide, *Invincible Living* offers powerful, practical tools for both inner and outer transformation. From beauty and self-care to work and relationships, *Invincible Living* is packed with exercises, tips, and step-by-step instructions—all fully photographed and illustrated in Guru Jagat’s one-of-a-kind aesthetic that empower readers to:

- Learn yogic beauty secrets
- Slow the aging process
- Jump-start metabolism
- Boost mood and elevate energy
- Reduce stress and anxiety
- Increase

creativity and mental clarity Forget about complex poses, spendy outfits, and having a bendy back

•Kundalini Yoga is not yoga as usual. Instead, it for-goes complex poses for quick, effective, breath-driven exercises; short meditations; and simple poses

•powerful, energy-boosting techniques that can be done by anyone, anywhere: at your desk, in your car, in a classroom or conference room, even in line at the grocery store. You don't even need a mat: just a quiet space to clear your head, and as little as a minute out of your day. A fresh take on ancient wisdom, Invincible Living is a must-have guide for anyone who wants simple, effective tools for a supercharged life

•as taught by a uniquely compelling teacher who upends all preconceptions about yoga.

Invincible Living is a fantastic book...both practical and poetic, it offers an incredibly fresh perspective on the yogic lifestyle. Guru Jagat is funny, smart, wise and REAL, and no topic is off-limits. And not only is her book beautifully written, but it's full of gorgeous photos and images. I was completely engaged from start to finish, found myself laughing out loud, nodding in agreement, or having my mind blown by some new piece of information (for instance...you can know 3 seconds into a date if someone is right for you....what?? Amazing!) Can't say enough good. Highly recommended.

Kundalini yoga works. Guru Jagat is a Master teacher and a visionary. We are truly gifted to have her as a lighthouse in these turbulent times. She has a no nonsense, light hearted approach to enable all of us to master our self doubts and mental and physical shortcomings to claim our birthright of happiness. Sat Nam

I was given this book as a gift and I cannot put it down. I am new to kundalini yoga and the author explains the teachings in a very easy to digest manner. After practicing some of the meditations in the book I feel more energized. I feel good. This book has motivated me to amp up my yoga and meditation practice. I am practicing one of the meditations in the book everyday and I am seeing profound changes in my life for the better. A beautiful way to start 2017! This book is a gem!--

A funny, smart, easily applicable yogic user manual for living an invincible life. Great for people new to kundalini and advanced practitioners alike- breath/meditation/yoga practices and so much more!

Guru Jagat is one of those amazing human beings. She is one of those rare people who has one

foot on the earth and one foot in the heavens!! Love her so much! Truly talented and inspirational.

As a Kundalini Yoga teacher in training, I can say that this book is excellent! It's been nice to read some Kundalini books by people who are younger and understand the changing times. Some authors get stuck in the Piscean Age, but things are changing. I love how this book applies to NOW, no matter who you are, what your background is, and what ailments you're coming in with. This book is empowering and freeing and VERY motivational.

I love Kundalini Yoga and this book is the freshest thing I've come across. It so relatable and enjoyable and Guru Jagat's humor and warmth is so refreshing and REAL. I got all my friends and family this book because there's something in it for everyone!

Guru Jagat has a way of teaching people this beautiful form of yoga that is unparalleled. Any other introduction to Kundalini yoga has left me confused and uninterested.....until I watched a few of Guru Jagat's videos on Gaia and then I became hooked! This book is for anyone who loves yoga, wants to know more about kundalini yoga, or even just for people who are looking to live a better life. I cannot recommend this book enough.

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