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Kundalini Yoga Book Resources

[A Women's Book of Yoga By: Machel M. Seibel](#)

[Kundalini Yoga By: Shakta Kaur Khalsa](#)

[The 8 Human Talents By: Gurmukh](#)

[Yoga for Women By: Shakta Kaur Khalsa](#)

[I am Woman By: KRI](#)

[Introduction to Kundalini Yoga and Meditation By: Guru Rattana](#)

Book Resources supporting a Conscious Pregnancy

[Conscious Pregnancy- The Gift of Giving Life By: Tarn Taran K. Khalsa](#)

[Beautiful, Bountiful, Blissful By: Gurmukh](#)

[Ina May's Guid to Childbirth](#)