



KUNDALINI GLOBAL

www.kundalini.global

THE MAGNIFICENTS SUFİ GRİND



Sufi Grind massages every intestinal organ, opens the heart, works on the lymph through the chest, through the throat, underarms... it massages the spine, dorsal muscles, backs of the hips...

It is magical. Completely.

It is, in a way, a full body workout. But at the same time it is an extremely gentle posture. A slow and sensual posture.

When a teacher demonstrates Sufi Grind the invitation is 'let me show you how to fall in love with yourself'.

So do it... fall in love with you.

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