



# The Hue-Man: In Form & Function

*Dr. Hari Simran Singh Khalsa DC*

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# The Hue-Man: In Form & Function

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## **The Hue-Man: In Form & Function** Dr. Hari Simran Singh Khalsa DC

“Students and Teachers of Kundalini Yoga now have a complete, simple and clear reference in The Hue-man, In Form & Function. This timely text, created by DrYogi/Dr Hari Simran Singh Khalsa conveys invaluable information, tips, and recommendations about the actual practice of Kundalini Yoga as taught by Yogi Bhajan while offering just enough detail about the systems of the body to give a solid, practical working knowledge of anatomy and physiology. The Hue-man, In Form & Function is the product of many years of Dr Hari Simran Singh Khalsa’s practical experience as a Chiropractor, College Level anatomy and physiology instructor, and Kundalini Yoga Teacher Trainer. His sobriquet of DrYogi is very apt; he brings the East and West together seamlessly. I hope you that you use this book and enjoy it as much as I have. Sat Nam.” -Nirvair Singh Khalsa, CEO, Kundalini Research Institute The knowledge within this book will enhance your yoga practice. Discover: • Why understanding the physiology of each system will improve your yoga experience • The 13 Principals of Motion • Why the spine is the highway of health and how the spine facilitates consciousness • The mechanism of Kundalini • How to unlock the potency of this energy • Real Yogic techniques revealed in Locks/Bandhas, the Chakras, Ten Bodies, and Pranic Energy • Easy reference and application of information for healthcare professionals The Hue-man, In Form & Function is a complete companion, resource, reference, delightful reading and a "must-have" for every practitioner of Kundalini yoga in this awesome age of change and awakening.

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