

I have been healing my body for over 5 years now from stage 4 cancer. I am on treatment but I also use many alternative methods. I have had many sessions with Prakashjot's, initially at my home 1:1 and then at her group sessions. Kundalini with Prakashjot has been a very special experience, exercises have benefitted my mind and my body. I have been able to release stress and tension which I was unaware I was carrying, the exercises, especially if done 1:1 get intense. Or as intense as you can manage, there's never any pressure, but you are stretched to your limits, if you can manage it, which feels good. On completion of a kriya, which is a set of exercises, Prakashjot leaves you able to complete daily practice at home. Her gong baths are also very relaxing and in part other worldly. If I lived closer she would see me every week.

Review written by Shelley Hoban

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