

Sat naam I am Annelies Hari Avtar... Very happy that this webpage and the Integrity Policy of the Belgian Kundalini Yoga federation has been born. Because we are all human beings, made up of the 5 tattvas and we need consciousness to make sure we are not reigned by patterns, but act from an energy that is human. Because, from my life experience, I know how deeply trauma and (sexual) transgression may be embedded in our bodies, aura and energy systems.

Because as a yogi, I believe we are here to communicate for a better tomorrow!