

(CONTINUED FROM FRONT FLAP)

battered psyche. His work also illuminates the treatment of complex co-morbid disorder patients. Most important, each chapter covers the full set of disorder-specific meditation protocols and techniques, described in complete detail—64 in total. Photographs help illustrate poses for easy simulation. The final section of the book covers the application of Kundalini yoga for individuals, couples, and groups in therapy, and includes an epilogue that discusses the future of psychiatry.

Mind-body medicine is at the forefront of current mental health research and treatment, and the introduction of this ancient technology of the mind into the equation is a major breakthrough in our understanding of improved treatment for a wide variety of psychiatric disorders. *Kundalini Yoga Meditation* skillfully introduces this exciting new frontier, and equips psychiatrists, psychotherapists, psychologists, social workers, and other clinicians with the tools and techniques necessary to incorporate yogic meditation into their practices, and bring hope and healing to their clients.



**DAVID S. SHANNAHOFF-KHALSA**

is the Director of The Research Group for Mind-Body Dynamics, Institute for Nonlinear Science, University of California, San Diego. He has published widely in scientific journals and routinely presents at the American Psychiatric Association and other national and international conferences.

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ADVANCE ACCLAIM

“Eastern wisdom informs Western science in David Shannahoff-Khalsa’s quest to bring the benefits of Kundalini yoga meditation to relieve the emotional pain and mental distress of obsessive compulsive disorder and other disabling psychiatric conditions. Richly illustrated with clinical case histories, this book bridges the tensions between these two world views by offering a detailed repertoire of yogic breathing techniques and postures embedded within controlled treatment outcome trials. Readily practiced within everyday settings, these techniques open the ancient yogic technology of the mind to the reader while remaining grounded in modern neuroscience.”

—FRANK W. PUTNAM, M.D., Professor of Pediatrics and Psychiatry, University of Cincinnati

“This is an outstanding book! Shannahoff-Khalsa does an exemplary job in text and with photographs explicating the use of over 50 different Kundalini yoga meditation techniques for the treatment of psychiatric and relationship disorders. Applying his remarkable grasp of physiology, psychiatry, scientific method, and ancient yoga techniques, he enlightens the reader with practical guidelines on how to view and use these methods to help patients in distress.”

—BRIAN FALLON, M.D., MPH, Director, Neuropsychiatry, Columbia University Medical Center

“Shannahoff-Khalsa expertly presents ways that Kundalini yoga can help people overcome an array of symptoms, such as bouts of insomnia, stress, or anxiety from interpersonal problems. Breathing is a major way in which we can link the outside world with our internal environments, and this book lays out a series of exercises that have worked for centuries to help mankind cope. I personally prescribe a few of the exercises to even my most debilitated CFS patients. Besides the possibility of improved health, the exercises are a way to put control back into the patient’s hands.”

—BENJAMIN H. NATELSON, M.D., Professor of Neurosciences, UMDNJ-New Jersey Medical School

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DAVID S. SHANNAHOFF-KHALSA

For several decades, yoga has been a popular mainstream approach to health conscious living, and is used by those with medical problems. Now, following a bevy of recent research studies, yoga has exploded onto the mental health scene, and clinicians and patients alike are embracing the use of yoga to effectively help combat psychiatric disorders.

In *Kundalini Yoga Meditation*, Shannahoff-Khalsa—research scientist, Kundalini yoga teacher for over 30 years, and worldwide authority in the field of alternative therapies for psychiatric disorders—weaves together scientific insights, clinical trials, case histories, and disorder-specific techniques to explain how the ancient science of Kundalini yoga can be a useful stand-alone or supplemental treatment for psychiatric disorders.

Written for all those in the mental health profession, the book begins by laying out a number of landmark scientific studies based on Kundalini yoga, all of which have led to a new understanding of mind-body dynamics, physiological states, and ways of noninvasively altering the brain and body. Included are novel yogic concepts on rhythms of the brain, personality structure, models for the mind and consciousness, and other fundamentals to enhance our understanding of health and disease processes.

With this scientific overview in place, Shannahoff-Khalsa goes on to explore, chapter by chapter, how Kundalini yoga can be applied to the treatment of psychiatric disorders—including OCD and other anxiety disorders; major depressive disorders; bipolar disorders; addictive, impulse control, and eating disorders; insomnia and other sleep problems; chronic fatigue syndrome; ADHD and co-morbid disorders (conduct and oppositional defiant disorder); PTSD and the abused and

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