



GURU
JAGAT

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G U R U J A G A T

GURU JAGAT is the founder of RA MA Institute for Applied Yogic Science and Technology, a Kundalini yoga school with locations in Venice, California; Mallorca, Spain; and New York City, and the author of the bestselling book *Invincible Living: The Power of Yoga, The Energy of Breath, and Other Tools for a Radiant Life*, now translated into German and French language editions, forthcoming in Spanish and Hebrew and also an audio course available through Amazon and Audible.com

Guru Jagat first met Yogi Bhajan in 2002 and that encounter crystallized her prior spiritual explorations and launched her on the path of a Kundalini yoga teacher. As the Piscean patriarchal energies fade into history, Guru Jagat has emerged as a leading global figure helping to create, delineate and refine the new feminine matriarchal archetype. In 2017 Guru Jagat created the Aquarian Women's Leadership Society, which has members in over 20 countries.

Guru Jagat is also the founder and CEO of RA MA TV; RA MA Records; and the RA MA Foundation.

FASHION

Guru Jagat Branches Out Into Fashion

AUGUST 12, 2019

- The kundalini yoga teacher, whose fans include Kate Hudson and Alicia Keys, has launched a sustainable clothing line.

BY JOELLE DIDERICH

PARIS — Guru Jagat would like a cup of coffee, with cream on the side. Not almond milk. Not soy milk. Actual cream, as in crème chantilly — an order that seems to be causing some confusion at the bar of the chic Pavillon de la Reine hotel on the Place des Vosges in Paris.

"I always get shade in Europe for wanting cream with my coffee. They're like, 'No, no, we don't have any.' I'm like, 'Yes, you do. You put it on all the desserts. Go ask the chef,'" she said in a mock stage whisper. When the coffee eventually arrives, she adds a cube of sugar for good measure.

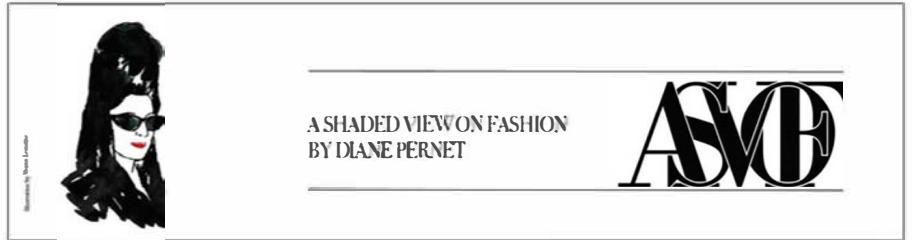
Welcome to a new kind of wellness guru. With her tumble of honey-blond curls and signature flowing white clothes, Jagat exudes a grounded serenity that doesn't seem to rely on the heart chakra aromatherapy oils and ayurvedic energy supplements that power the \$4.2-trillion global wellness industry.

Yet the charismatic 39-year-old has been



Models wearing Guru Jagat collection.

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A visit to the sustainable couture collection Guru Jagat

JULY 5, 2019 by DIANE PERNET

Dear Shaded Viewers,

You might find the word ‘couture’ in relation to the Guru Jagat Collection a bitconcerting but it relates more to the origin of the word, hand made to order for the client. What separates the collection from others is the fact that along with couture know-how, the designer, a celebrated Kundalini yoga teacher, artist, poet, writer and the business force behind the RA MA Institute, Guru Jagat uses the auric frequencies of the wearer to help provide a sense of strength and general wellbeing with the all white, certified cotton collection. No, it does not come in black. Guru Jagat was inspired by the art of bana and principle of drala, the yogic art of dressing for success, which says that if you wear clothes that resonate with you, your aura automatically expands and you are more capable to attract and hold the positive in your life. Ban increases the aura of six inches to a foot edge on our normal weakness, providing a shield against day-to-day adversities and giving the courage of living according to our true nobility or so states the brand manifesto. So if you wear the Guru Jagat Collection with its secret geometries that are meant to bring you happiness and prosperity you will also experience personal power and self confidence. Why not try it and find out for yourself? The collection promotes a revolution in the way people shop and enables everyone to have a spiritual experience simply by getting dressed.

www.gurujagatcollection.com

@gurujagat / @gurujagat_collection

@leparadox

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I AM (NOT YOUR) GURU

JULY 2019



Guru Jagat (un nom spirituel qui lui a été donné il y a des décennies par un maître de yoga) est l'une des figures mondiales du Kundalini, un terme sanskrit signifiant « énergie ». Considérée par certains comme le yoga originel, cette discipline tantrique mêle étirements, méditation et chants. Son effet serait si puissant qu'il bouleverserait le corps et l'esprit de ses adeptes et les pousserait à apprêhender leurs émotions autrement. Guru y a adhéré il y a plus de huit ans, et est rapidement devenue l'une des références en la matière. Elle a alors créé le RA MA Institute for Applied Yogic Science and Technology, une école internationale de Kundalini. Elle nous parle féminisme, féminin sacré et nous donne la clé tant désirée pour mieux vivre ce que l'on ressent.

Comment vous êtes-vous tournée vers le yoga Kundalini ?

C'était juste après les attentats du 11 septembre, à New York. Je suis allée à un cours de yoga Kundalini et au bout de vingt secondes, j'ai eu cette sensation incroyable qui n'impliquait même pas de drogues (*Rires*). C'est là que j'ai eu le déclencheur.

Qu'est-ce qui vous attire dans cette discipline ?

Le Kundalini s'adapte à beaucoup de choses, et c'est pour cela que j'aime autant le pratiquer. Peu importe vos faiblesses, la science de cette discipline est très intelligente et rentre dans votre système pour vous guérir de l'intérieur. C'est le concept du serpent, le naga, symbole du Kundalini, qui évolue dans votre corps.

vers cette voie du changement. Il s'agit davantage d'une vague de conscience qui a frappé la planète que d'une mode. Votre génération exige quelque chose d'autre de son existence, et cela n'est pas près de s'arrêter.

Vous considérez-vous féministe ?

Je me définirais féministe de la cinquième vague. D'un féminisme différent de celui de nos mères, un féminisme qui prône l'amour de tous les sexes, le pouvoir du féminin sacré, de la mère sacrée, *adi shakti* (le premier pouvoir, *ndlr*). Après #MeToo, il nous faut un temps de guérison.

Quelle est la personne qui vous a le plus inspirée ?
Mon professeur de Kundalini, Hari Jiwan. Il est

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GURU JAGAT & SCHUELLER DE WAAL

由内而外的清洁

撰文—Diane Pernet 翻译—Sandy 鱼
编辑—冯婧怡 设计—鱼鳍



Le Paradox For Guru Jagat



Schueller de Waal



1



Diane Pernet

著名时装评论人，影像记者。她曾是一名时装设计师兼摄影师，现在活跃于纪录片式的时尚影像领域，并且致力于挖掘新人。她从2005年就开始撰写的博客“*A Shaded View on Fashion*”是时装博客界的先锋。现在她也加入了我们的明星专栏，每个月将自己在世界各地的见闻图集和手记与我们分享。

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NOWFASHION

Wed Jul 17 2019 10:43:19 GMT-0400 (EDT)

Guru Jagat: “Clothing is a living altar to the modern woman”

By Elisabeta Tudor

What do spirituality and fashion have in common? Much more than you think.

Guru Jagat, a Los Angeles-based poet, artist, yogi, entrepreneur, meditator, and author, has decided to explore the realms of fashion in a sustainable, ethical, and most of all, spiritual way – and chose Paris to do so. Partnering with Le Paradox, a sustainable showroom and ethical communication platform run by the young Italian entrepreneur Cecilia Musmeci, Jagat showcased [her very first collection](#) during Paris Haute Couture and unveiled her ethereal, almost metaphysical take on hand-made fashion designs. We chatted with Guru Jagat to find out more about how she wishes to position herself in the fashion industry, and how her life philosophy impacts her creations.



Guru Jagat. Photo: Eve Bregman / Courtesy of PR.



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KUNDALINI, EL YOGA QUE EMPODERA

En coincidencia con el auge de la práctica del yoga en Mallorca, la fundadora del RA MA Institute, Guru Jagat, trae a la isla una arcana modalidad de esta antigua disciplina que ofrece algo más que paz interior.

SELBSTBESTIMMUNG DURCH YOGA

Yoga ist auf Mallorca so angesagt wie nie zuvor und Guru Jagat, Gründerin des RA MA Instituts, bringt eine esoterische Form dieser antiken Disziplin auf die Insel - eine, die mehr als nur inneren Frieden verspricht.



APRIL 16, 2019

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VOGUE

VOGUE ITALIA



Guru Jagat Collection 01: ispirazione yoga

La vera spiritualità non s'insegna, si vive. I tempi in cui l'essere spirituale era associato con l'archetipo di un'esistenza ascetica completamente sconnessa dalla realtà sono ormai lontani. **Insegnante di Kundalini yoga, artista, poeta, scrittrice di bestseller e stilista di moda Guru Jagat ne è la prova.** Basata a Los Angeles ma con un vasto seguito internazionale, questa incredibile yogi è un imprenditrice di successo che decenni fa con lungimiranza si è avventurata nel settore del benessere fondando RA MA, un progetto educativo che conta una fondazione e tre scuole di yoga con sedi a Los Angeles, New York e Maiorca, un canale di streaming live, RA MA TV e un'etichetta musicale, RA MA Records.

Con un'attenzione particolare alla **leadership femminile**, agli approcci e alle modalità di business alternative, alle relazioni pubbliche e personali, Guru Jagat porta alla luce **preziosi insegnamenti dell'antica e potente tecnologia di yoga Kundalini** applicandoli agli aspetti pratici della vita quotidiana in un modo semplice e accessibile a tutti. **Vestirsi bene, con cura e stile**, non è una banale vanità, ma piuttosto un atteggiamento che rinforza la confidenza nel proprio successo personale.

MAY 28, 2019

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THE CHALKBOARD

MEET THE WELLNESS GURU BEHIND ALICIA KEYS POSITIVE GRAMMY PERFORMANCE



FEBRUARY 13, 2019

Beyond bringing her own incredible musical talent and powerful energy to the room that night, Alicia also prepped for the big show with one of LA's favorite wellness mavens, Guru Jagat.

Jagat is the female founder of RA MA Institute here in Venice, California. Her modern approach to the ancient teachings of Kundalini yoga and meditation are a favorite among so many in our LA-based TCM community...

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Condé Nast Traveler



AUGUST 15, 2018



Forget therapy – for real enlightenment, LA's open-minded sophisticates are casting off bad ju-ju and channelling crystal power with a tribe of thoroughly modern mystics

by ANNA HART



'People in [New York City](#) have therapists; in [LA](#), they have shamans,' says Colleen McCann, Gwyneth Paltrow's Goop resident shaman, over a turmeric latte at Moon Juice, a shimmeringly wholesome pressed juicery and 'mystic pantry' on Rose Avenue in Venice Beach. Rose Avenue is a major artery of LA's hipster healer heart. Moon Juice sits a few doors away from Café Gratitude, where yogis file in after kundalini classes and order kale salads via a positive affirmation. 'I am...Vivid' is code for 'One acai superfood bowl, please.' Your server diligently repeats your order back to you: 'You are Vivid.' 'I am...Glorious,' meanwhile, will secure you a \$16.50 blackened tempeh caesar wrap.

[CLICK HERE TO READ THE FULL ARTICLE](#)

ET

YAHOO!
ENTERTAINMENT

ENTERTAINMENT TONIGHT +
YAHOO ENTERTAINMENT

Here's How GRAMMYs Host Alicia Keys Is Preparing for the Big Awards Show!



FEBRUARY 10, 2019

On her Instagram Story, she showed herself post-meditation with Guru Jagat, the founder of RA MA Institute for Applied Yogic Science and Technology, a Kundalini yoga school.

"We get to celebrate each other, we get to be proud of each other, and we get to say it out loud, and it's a reflection of us," Keys says of the GRAMMYs. "So that's what I feel today, that's what I'm bringing. I feel so good."

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SAKARA LIFE

SAKARA LIFE

SEPTEMBER, 2018



GURU JAGAT

KUNDALINI TEACHER, FOUNDER OF THE RA MA INSTITUTE

Guru Jagat operates on a higher vibration. She is a Kundalini teacher, chill-inducing public speaker, and founder of the RA MA institute—the spiritual oasis with locations in LA, NYC and Mallorca. She offers workshops on aligning chakras; entering the Aquarian age with grace; discovering opulence, vitality, and chiseling out your authentic destiny; mastering our own breath and more. She calls LA home, so when she was in the New York City for a few days this summer, we snagged a mat in one of her classes in the Lower East Side to experience her flavor of Kundalini. It's sharp, punchy, transformative and filled with light. Afterward, we had the opportunity to sit with her and dive into her thoughts on interstellar life, the myths about enlightenment, the power that lies within every woman, and what the next 26,000 years might look like.

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L'OFFICIEL

LA VIE

GURU JAGAT

ET LE YOGA KUNDALINI: LA VIE EN MIEUX



Le kundalini, tout le monde parle de lui. Pourquoi? C'est le meilleur moyen d'embellir et de simplifier sa vie. Pas juste en surface mais en profondeur. A l'intérieur de soi.

A l'intérieur de soi.
La moitié d'Hollywood se
lèverait avant l'aube pour
le pratiquer. Nous l'avons
testé et rencontré, à Zurich,
le gourou-star de la jet set,
Guru Kripa.

Guru Jagat.
Un workshop exclusif et une

expérience puissante.
Selon la devise «A Beauty's Beauty Secrets», nous avons pris soin de nous et vous révélons les meilleurs conseils que nous avons reçus.

Page 14 of 14

163

La chanteuse Alicia Keys le dit : « suis plus claire dans ma tête, plus consciente et créative que jamais ». La façon dont Guru l'appelait les choses par leur nom est merveilleuse, et il l'aide à faire de l'art ce qu'il est : une œuvre d'art destinée au divertissement international, à la croissance, entre autres à Dame Merveille et Katie Hudson, à grandir dans une banlieue de Washington D.C. En 2010 elle fait une tournée intense, celle de My Boyfriend, l'importante tour yéyé kundalini en Occident. Elle devient à plus jeune et brillante clé. Entre-temps, elle épouse le musicien et DJ Matisse, et sa Vérité va devenir clairement, elle suit ses amours et se dévoile à son tour professeur de Yoga Kundalini.

En l'honneur de Yogi Bhajan, une photo de lui est toujours suspendue quelque part - même au cœur du Binz, le quartier le plus urbain de Zurich. Le magnifique studio «Yogis», au troisième étage d'un immeuble ultramoderne à une vue incroyable sur la forêt et la ville. Il n'a pas l'odeur des bâtonnets d'énergie, mais de beaux bouquets de roses du meilleur goût. De

Elle attendait patiemment la star de l'heure, Kara Scott à couvert, durant ces cinq dernières années, trois de ses « RA » MA Institut for Applied Magic and Technology avec des études à LA. NowFBI d'Alma de Majesté, où elle enseigne. A côté de cela, elle parcourt le monde avec son savoir et se remet à zéro. La jeune femme de 38 ans partage avec ses followers sur Instagram et YouTube des clés, grâce à sa propre chaîne de TV en ligne, Kara TV, d'où l'impression de l'avoir à côté d'elle. Son premier livre, « Immortal Life », est largement devenu un best-seller. Cette bûche de yogh - elle vient d'être publiée en allemand.

Reprise d'entretiens et développement supplémentaire du sujet de nombreux aspects de la vie. Le meilleur de Kara Scott, qui a été nommée au sein de l'ordre des chevaliers de la croisade contre les vampires (l'ordre des chevaliers de son charisme et ses robes de château). Elle insiste néanmoins parallèlement sur ce que l'on peut faire de son meilleur de soi.

Il n'y aurait pas pu y avoir de meilleure journée pour visiter Zurich: pendant que toute la ville célébrait à voir brûler le Böggie et les vieilles structures patriarcales, trois femmes en robes blanches, richement brodées, des turbans sur la tête, marchent dans les rues à côté de la confrérie des boulangers, se dirigeant vers l'un des plus beaux stades de la ville. Une bien jolie image.

Ensuite, à cause de cortage, Kara fugueraient en retard à son propre cours. Mais surtout pas pour se faire entendre. Ses bras dans l'habillage font le changement de nom donne de son nom qu'il utilise via WhatsApp. L'un des plus grands succès décroissus de Kara fugu et évidemment avec le monde actuel. Les téléphones et les réseaux sociaux jouent un rôle important. « Il n'oppose rien à la technologie », expliquera-t-il plus tard, tout souriant. « PDG d'une entreprise monégasque. » Ensuite, quitte de la réalité virtuelle, mannequin décomplise, emploie le potentiel de la prochaine plateforme haine, n'importe qui peut faire une super star de la scène - il devrait à connecter la plate-forme amusante avec l'air du temps. Avoir un ordinateur à ses pieds n'est donc pas une nécessité. Toutefois, Kara fugu est une machine en plastique. La dernière technologie est utilisée dans les studios de cinéma. Le système est l'un des derniers à être mis au point. Kara fugu a été conçu pour être utilisé dans les salles de cinéma. Les studios de cinéma ont également investi dans Kara fugu.

LA VIE



Anglais, 1998-2000. Ainsi le débat sur l'avenir de l'enseignement des langues étrangères dans les universités. Ce sujet est au cœur de l'actualité universitaire et sociale. Il existe une véritable tension entre la nécessité d'assurer la continuité de l'enseignement des langues étrangères dans les universités et la volonté de faire évoluer ces dernières en établissements de recherche et de formation.



A photograph of a man and a woman standing next to a dark-colored, classic sedan (possibly a Fiat 128) in a desert setting at sunset. The man is wearing a blue shirt and jeans, and the woman is wearing a pink dress. They are both smiling and looking towards the camera. In the background, there are desert hills under a clear sky. The lighting suggests it's either sunrise or sunset, casting a warm glow on the scene.

<p>CHRONIQUE</p> <p>UN CORPS EN FORME, ET LE PROFIT CLÉ, D'APRÈS YOGI BHĀSKARA</p> <p>LES CONSEILS</p> <p>La forme physique et le corps en forme sont deux choses très différentes. Si l'un est un état physique, l'autre est une condition mentale. L'ensemble des conseils de Yogi Bhāskara sur la forme physique et le corps en forme sont donc destinés à aider à atteindre l'état physique de la forme physique et l'état mental de la forme en forme.</p> <p>Il existe de nombreux types de conseils pour atteindre la forme physique et le corps en forme. Les conseils de Yogi Bhāskara sont basés sur les principes fondamentaux de l'ayurveda et de la philosophie hindoue. Ils sont également basés sur les connaissances pratiques et expérimentales de Yogi Bhāskara lui-même.</p> <p>Les conseils de Yogi Bhāskara sont divisés en plusieurs sections, dont les principales sont :</p> <ul style="list-style-type: none"> 1. RESPECTER SON STADE 2. NE PAS FORCER 3. RESPECTER SON STADE 4. NE PAS FORCER 5. 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YOUR PREMIUM NATURAL HEALTH, HEALING + WELLNESS DESTINATION



RA : MA INSTITUTE: HOME OF KUNDALINI YOGA

With studios found in New York, Mallorca and Venice Beach (our studio of choice on our travels) if RA: MA Institute for Applied Yogic Science + Technology isn't on your radar, it's certainly about to be. Founded by Guru Jagat in 2013, it is a haven for teachers + souls that seek to learn more about Kundalini Yoga + Meditation and deepen their practice, while learning how to use it to chemically release, strengthen + activate the genetic code, while igniting the energy centres of the body, mind + spirit.

APRIL 29, 2018

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Süddeutsche Zeitung

SÜDDEUTSCHE ZEITUNG



APRIL 21, 2018

Yoga-Lehrerin Guru Jagat bringt Stars und Digital Natives bei, wie sie mit Stress umgehen und jung bleiben. Ihre Lösungen klingen gaga, doch ihr Erfolg spricht für sich.

Von Julia Rothhaar

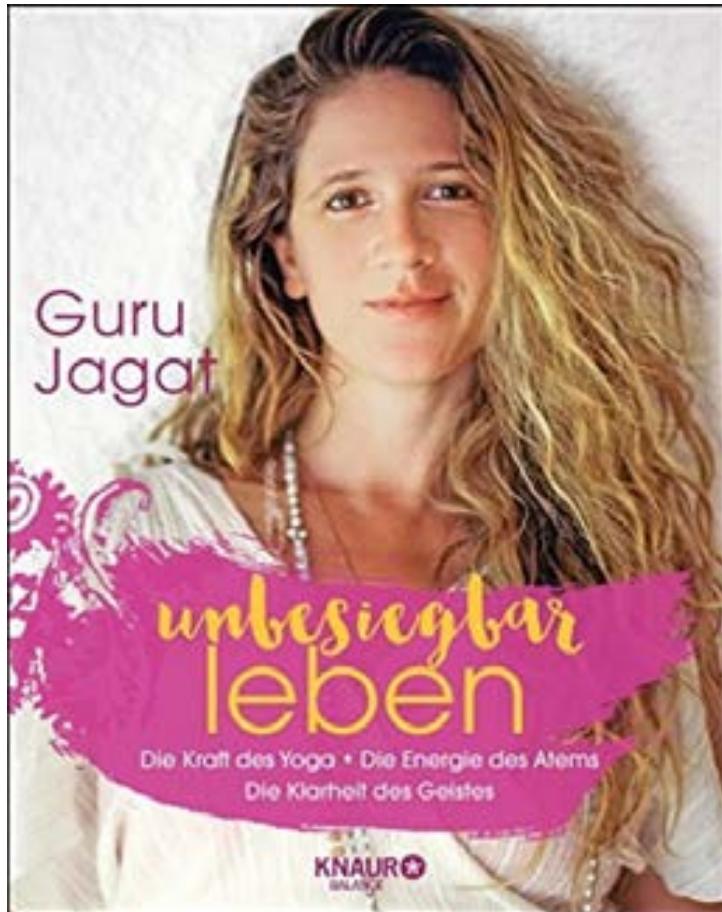
Wer in Hollywood jung aussehen will, trainiert seinen Beckenboden. Denn ist man untenrum straff, hat man auch im Gesicht weniger Falten. Sagt Guru Jagat. Alternativ helfen auch drei bis fünf Minuten "Katze/Kuh" am Tag. Dafür im Vierfüßlerstand den Rücken wie einen Katzenbuckel zur Decke stemmen, dann zum Ausgleich den Bauch gen Boden drücken. Und wer vierzig Tage lang seine Ellenbogen dreimal täglich durchstreckt, bekommt den "glow" im Gesicht, eine leuchtende Haut. Anti-Aging war nie so einfach.

Guru Jagat sitzt zwischen Topfpflanzen und Tablets auf einem Schaffell in einem Münchener Hotel. Die 39-Jährige ist komplett weiß gekleidet, trägt ein weites Kleid, Leggins und einen Turban. Um ihren Hals hängen dicke Perlenketten, ihre Fingernägel sind blau lackiert, in ihrer Brillenfassung glitzern goldene Fäden. Sie schwingt die Arme von links nach rechts und sagt: "Ich lehre [Yoga](#) für Leute, die Yoga hassen."

[CLICK HERE TO READ FULL ARTICLE](#)

ELLE

ELLE GERMANY



Kundalini-Yoga: Wir trafen den „Stylish Leader“ Guru Jagat zum Gespräch

Yoga ist schon seit vielen Jahren ein wachsender Trend, besonders unter den Stars in Hollywood trifft der spirituelle Sport auf Begeisterung. Mit der international bekannten Yoga-Lehrerin Guru Jagat erstreckt sich dieser Trend nun auch auf die besondere Yoga-Praxis Kundalini. Diese überzeugt durch einfache Übungen, die zu mehr Elan und Energie im Alltag führen und bei mentalem Stress oder seelischer Anspannung Abhilfe versprechen.

[CLICK HERE TO READ FULL ARTICLE](#)

APRIL 8, 2018

VOGUE

VOGUE GERMANY



APRIL 6, 2018

Dass ein Weltstar wie Alicia Keys tiefentspannt wirkt? Das ist Guru Jagat zu verdanken. Denn aufgrund der Yoga-Atemübungen der Yoga-Expertin will die Sängerin ihr eigenes Wohlbefinden gesteigert haben: "Nach der Begegnung mit Guru Jagat und der Einführung in die Technik des Kundalini Yoga ist jeder Teil in mir erwacht. Ich bin klarer, stärker, bewusster und kreativer denn je. Ich bin innerlich an einem Ort, den ich schon immer erreichen wollte, nur dass ich nicht wusste, wie der Weg dorthin führt. Guru Jagats 'Tell-it-like-it-is'-Stil ist modern, gemäßigt und sehr machbar - ich liebe das."

Ruhe finden in Hollywood

Mit dieser besonders zugänglichen Art des Kundalini wurde Guru Jagat bekannt. Das von ihr gegründete "Ra Ma Institute" für angewandte Yoga-Wissenschaften und -Techniken in Kalifornien avancierte schnell zur Anlaufstelle vieler Yoga-Fans und nicht selten prominenter Klienten. Kein Wunder: Die von ihr dargebotene Selbstlehre umhüllt der Zauber von Glückseligkeit und das schenkt in einer komplexen Welt wie Hollywood die gewünschte Ruhe. Wer an ihrem Talent zweifelt, der schaue sich bei Netflix ihre TV-Auftritte an oder lausche einem ihrer zahlreichen Alben - selbstverständlich von ihrem eigenen Musiklabel Ra Ma Media produziert.

[CLICK HERE TO READ FULL ARTICLE](#)

GRAZIA

GRAZIA DEUTSCHLAND



GRAZIA I KOLUMNE



SUZANNE KALOFF

KEINE AHNUNG, WIE SCHNELL ICH FERTIG BIN ...

Krasse Woche für Kollegin Kaloff. Fragen über Fragen, auf die sie keine Antworten hat, dafür aber einen ordentlichen Kater und einen **neunminütigen Höhepunkt**. Oha!

SOLL ICH MAL VON VERGANGENER WOCHE IM SCHNELLDURCHLAUF ERZAHLEN? Montag rief die Bankberaterin an, ob ich denn nun mal über meine Altersvorsorge nachgedacht hätte, denn bei ihrem letzten Anruf wäre ich fürchterlich im Stress gewesen wegen eines Buches oder so. Als ich sie nun wieder an der Stricke hatte, traute ich mich nicht, zuzugeben, dass ich ein halbes Jahr später immer noch im Stress bin. Ich fragte, was genau sie denn wissen wolle. Sie stellte eine Gegenfrage: „Was brauchen Sie im Alter?“ Ich hatte keinen guten Tag, und während sie immer weiter bohrte („Was wollen Sie sich leisten? Welchen Lebensstandard wollen Sie führen? Wie die Lücke schließen?“), stieg Wasser meine Augen. Es war nicht nur Trauer über die so endgültig klingende Epoche im Alter, von der ich nicht weiß, wann genau sie eigentlich beginnt. Es war auch Wut. Darüber, dass ich verdammt noch mal nicht mal weiß, was ich hier und heute brauche. Ich leckte eine Träne ab und sagte Ja zu einem Termin in KW 38 oder so, einfach nur, um meine Ruhe zu haben.

Am Dienstag rief der Moderator an, der auf der Leipziger Buchmesse ein Gespräch mit mir führen würde, außerdem war ich eingeladen, um dort zwei Kapitel aus meinem Buch vorzulesen. Er fragte: „Wie lange brauchen Sie für eine Seite?“ Ich wusste es nicht. Wer benötigt denn eine Stoppuhr beim Lesen? Am Mittwoch zuckte ich dreimal so Stunden mit der Bahn nach Leipzig, dort las ich im historischen Warressaal der Buchhandlung Ludwig vor ausverkauftem Haus. Nein, die Menschen waren nicht explizit meinergangen gekommen, sondern wegen der Ladies Night, eine Veranstaltung zur Eröffnung der Buchmesse. Es stellte sich raus, dass



MEINE WOCHE

WAS MICH GLÜCKLICH MACHT:
• Dass Guru Jagat auf Deutschlantournee kommt.
Anfang April!

WAS MICH NERVAT:
• Warum wird einem von Banken immer Angst vor der Zukunft eingejagt?
Sollten alle besser mal Yoga machen!

ich 9:33 Minuten für ein Kapitel brauchte und dass diese neun Minuten dreifachfrei Big das Highlight meiner ganzen Woche waren. Am Donnerstag kehrte ich wieder heim, und als ich mich und meine Tasche am Abend zu Hause auf den Teppich fallen ließ, war ich mir sicher, nun in jenem viel zitierten Alter angekommen zu sein. Ich machte mir einen Schlaftee und kam auf die Idee, mich von Kopf bis Fuß mit ätherischem Lavendel einzurieben. Wenn man aufhört, Alkohol zu trinken, kommt man auf seltsame Dinge, um die gleiche Knock-out-Wirkung zu erzielen wie mit einem Glas Rotwein. Auf dem Fläschchen stand „Schlaf woh!“. Ich rieb das Öl in meine Kopfhaut ein, verteile es großflächig auf dem Solarplexus und stieg selbst in meinen Pyjama. Dann las ich den eingeknöllten Beipackzettel: Duftmischung für Duftlampen. Schurzhandschuhe tragen. Bei Kontakt mit Haut oder Haar: Alle getränkten Kleidungsstücke sofort aussieben. Haut mit Wasser abwaschen. Ich duschte weit über neun Minuten.

Am Freitag erwachte ich so deraufiert, als hätte ich einen Monstertaster, dabei hatte ich mir doch nur extern ein wenig Benzylalkohol genehmigt. Am Samstag fuhr ich zu meiner liebsten esoterischen Buchhandlung, um mich aufzuladen mit guter Energie. Als ich die Straße überquerte lag vor meinen Füßen im Matsch ein kleiner roter Anker. Ich hob ihn auf und dachte: Dich kann ich gebrauchen! Dann entdeckte ich auch noch, dass Guru Jagat, die klügste und coolste Yoga-Braut aus Los Angeles im April nach Hamburg kommt (auch nach Berlin, München und Köln!). Ich atmete tief ein und mckete mich für ihre Workshops in sämtlichen Städten an. Von da an ging's stetig bergauf. *Set Nam und fuck you*, Altersvorsorge! ■

Forbes



JANUARY 29, 2018

You Should Try This Wellness Program Within Your Hotel Room

[CLICK HERE TO READ FULL ARTICLE](#)

Now at all James Hotels guests can go to the in room Kundalini yoga exercises by Guru Jagat, a former New Yorker who mesmerizes and tells a good story with a wry sense of humor These exercises are less twisting positions twisting positions than breathing and mantras and they really do impart a sense of energy and uplifted mood. Guests will also have possibilities for in person instruction with priority access to her yoga center RA MA Institute for Applied Yogic Science and Technology in Manhattan it also has branches in Venice, California and Mallorca, Spain.

W E L L



G O O D

3 CRUCIAL THINGS FOR WOMEN EVERYWHERE TO DO IN 2018, ACCORDING TO GURU JAGAT



At a time when women are..taking to the streets...Guru Jagat's focus right now is also all about action. There's been a lot of raising awareness, says Jagat, the influential yogi whose celeb following includes Kate Hudson, Alicia Keys, and Moon Juice founder Amanda Chantal Bacon

making once underground Kundalini teachings a blend of movement, breathwork, and mantras accessible to a young, wellness savvy audience...

[CLICK HERE TO READ FULL ARTICLE](#)



JANUARY 19, 2018

VOGUE



OCTOBER 11, 2017

This Top L.A. Yoga Guru Is About to Stage a Kundalini Revolution in New York

By the time the taxi deposits me on the corner of Stanton and Essex, in front of Guru Jagat's just-opened studio, RA MA New York, I've already scribbled down a list of reasons why I am overdue in starting Kundalini yoga...Guru Jagat explains to me after class, in a tête-à-turban outside on the open-air deck. "The nervous-system adjustment that the Kundalini yoga gives is just so relieving when you're frazzled, underslept, and undernourished."

[CLICK HERE TO READ FULL ARTICLE](#)

MATCHES FASHION.COM

LITTLE BLACK BOOK
GURU JAGAT

The American kundalini yoga practitioner with a dedicated A-list following, reveals her favourite destinations for a wellness retreat



Guru Jagat is the founder of RA MA Institute for Applied Yogic Science and Technology, a kundalini yoga school with outposts in Venice, California and the Spanish island of Mallorca. In the pursuit of mindfulness, she leads wellness retreats in energetic locations around the world. Seeking beautiful, simple and eco luxury accommodation, Guru Jagat shares her favourite retreats with The Style Report.

[CLICK HERE TO READ FULL ARTICLE](#)

OCTOBER 11, 2017

Los Angeles Times



SEPTEMBER 20, 2017

How Guru Jagat helps you get your groove back in a techy and complex era

Guru Jagat may be the new model for a thoroughly modern, multimedia yogi and the fresh, female face making the Kundalini yoga tradition increasingly popular... Her presence in media and in-person is helping to demystify the workings of Kundalini, a mix of meditation, breath exercises, chanting and poses to improve and access our energy.

[CLICK HERE TO READ FULL ARTICLE](#)

THE SUNDAY TIMES: STYLE



MAY 21, 2017



Sitting cross-legged on a pile of sheepskin rugs, surrounded by crystals the size of watermelons, the 37-year-old Guru Jagat is leading a kundalini yoga session in her Venice Beach studio in LA, swathed, as are many of her acolytes, in “energy-protecting” white robes and a turban. The class, also on sheepskin rugs or vegan felt skins (natural fibres only, thanks), is chuckling over her Dirty Dancing reference as she explains the first posture, fists of anger. “It’s like, ‘C’mom, spaghetti arms!’” she hoots, flailing hers in the air. Yes, yoga bunnies actually laugh, a lot, in Jagat’s classes, though they stop once they get stuck into the extended poses for which kundalini is known. Her clientele of conscious millennials, which regularly includes Alicia Keys, Kate Hudson and the rapper Eve, suffer in silence as they sway their arms above their heads for an agonising 11 minutes. Yet they keep coming back for more.

[CLICK HERE TO READ FULL ARTICLE](#)

THE DAILY MAIL

Daily Mail
.com



© Eve Bragman

MAY 11, 2017

Is a downward dog the key to a perfect life? Celebrity-endorsed yoga practice promises its followers better sex, more money and personal fulfillment - but does it REALLY work?

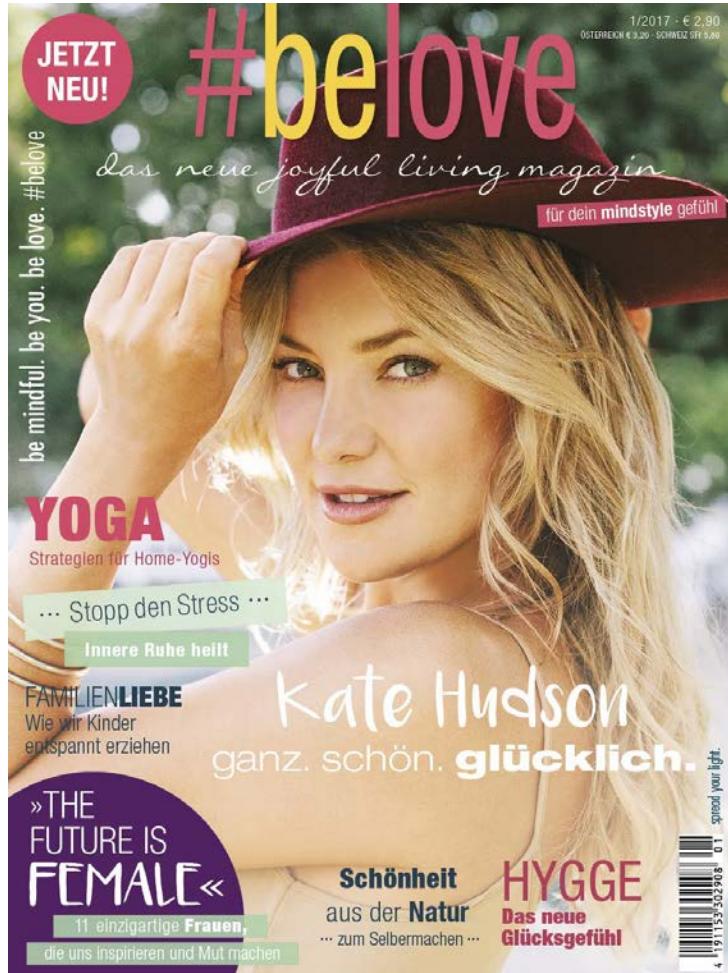
In a yoga scene at times dominated by acrobatic headstands and spandex-clad Shavasanas, Kundalini yoga has established itself as both iconoclastic and a return to the practice's roots.

Kundalini has been around in the United States for forty years, but this type of yoga has recently found new levels of fame, with endorsements from celebrities such as Alicia Keys, Goldie Hawn and Kate Hudson.

The esoteric practice, which has been pitched as a new iteration of the New Age movement, promises a wealth of benefits, from glowing skin and improved metabolism to better sex and more money.

[CLICK HERE TO READ FULL ARTICLE](#)

B E L O V E M A G A Z I N E



MAY, 2017

Guru Jagat

Sie ist anders. Unkonventionell. Dynamisch. Guru Jagat ist das Gesicht der neuen Kundalini-Bewegung. Mit ihrer erfrischend ehrlichen Art animiert sie uns mitzumachen, egal wie fit wir sind. Ihr Credo: Kundalini-Yoga ist für alle da

»Mein Leben wird bestimmt durch zwei Dinge: Meditation und Post-Meditation. Jeden Morgen sage ich mir nach dem Aufstehen: Versuche heute noch ein wenig besser zu sein als du es gestern warst. Und mein wichtigster Rat an meine Schüler: Bleib am Ball! Wenn du heute nur Zeit für eine kurze Meditation hast, ist das okay. Aber mach sie. Und wenn dein Tag völlig verrückt ist und du nur zwei Asanas schaffst, kein Problem. Just do it. Mir geht es um die Konstante, diese Treue uns selbst gegenüber. Mir liegt es am Herzen, Selbstverantwortung zu vermitteln, eine gesunde Selbstdisziplin. Such dir eine Übung aus und zieh sie durch. Mach sie ein paar Minuten täglich. Bleib bei deiner Meditationspraxis und schau, was passiert. Ich verspreche dir, es wird dich überraschen. Wir sind an einem Wendepunkt angekommen, Menschen kommen mit dem Druck der zunehmenden Digitalisierung nicht besonders gut klar. Das kannst du jeden Tag in den Nachrichten sehen. Aber wenn du dir drei Minuten nimmst, in denen du tief und bewusst durch die Nase atmetst – vielleicht willst du die Übung sogar auf zehn Minuten ausdehnen –, wirst du dich verändern. Was ich an Kundalini Yoga und Meditation so sehr mag, sind die schnellen, überzeugenden Resultate.

Wie viele Menschen war ich früher auf einer spirituellen Suche. Schließlich fand ich meinen Weg, und er war besser als erwartet! Ich wurde eine Schülerin von Yogi Bhajan. Er hat mir diesen Namen gegeben, als er noch lebte. Guru Jagat bedeutet »Lehrer des Universums« und es ist wohl überflüssig zu erwähnen, dass ich mit 21 Jahren nicht viel damit anfangen konnte und total überfordert war. Mittlerweile bin ich aber hineingewachsen. Und meine Beziehung zu Yogi Bhajan ist heute nach seinem Tod, stärker als je zuvor.



Meine Botschaft:

Keep it simple.
Vergiss Perfektion.

Fast alles, was ich heute tue, basiert auf meiner Meditationspraxis. Meine Kreativität, mein Buch, mein Unterricht. Ich selbst arbeite viel. Das ist mein Leben. Mein Vertrauen hilft mir dabei, die schwierigsten Klippen zu umschiffen, die höchsten Hürden zu nehmen. Vertrauen bringt dich überall hin. Es gibt nichts Vergleichbares. Wenn du mit jemandem zusammen bist, dessen Vertrauen unerschütterlich ist, wirkt das wie ein Magnet.

Ich hatte eine sehr starke Mutter, die uns immer das Gefühl vermittelte, dass wir alles geben, tun und sein konnten, was immer wir wollten. Wenn wir verstehen, wie wunderbar wir in Wahrheit sind, würden wir aufhören, uns so zu verhalten, wie wir es oft tun. Und wir würden uns nicht mehr so fühlen wie wir uns oft fühlen. Kundalini Yoga kann uns dabei helfen, eine gute Beziehung aufzubauen – zu anderen und vor allem zu uns selbst.«

MEHR INFORMATIONEN

Guru Jagat ist Gründerin von RA MA TV, der Plattenfirma RA MA Records und des RA MA Institute for Applied Yogic Science and Technology, mit Studios in Los Angeles und auf Mallorca. Und jetzt hat sie auch noch ein tolles Buch geschrieben: »Invincible Living – The power of Yoga, The Energy of Breath, and Other Tools for a Radiant Life«, englische Ausgabe erschienen im HarperCollins Verlag.

#belove 23

[CLICK HERE TO READ FULL ARTICLE](#)

GRAZIA

Qui sont les nouveaux gourous beauté d'Hollywood ?



MAY 2017



GRAZIA SPÉCIAL BEAUTÉ

LA STAR DU RING

MICHAEL OLAJIDE JR.

BIO EXPRESS

Boxeur professionnel dans les années 80, on le reconnaît à son bandoulière de pirate sur l'œil droit, qu'il a perdu à la suite d'un mauvais coup. Une blessure qui l'oblige à raccrocher les gants. Il se reconvertis en coach, crée la méthode d'entraînement Aerobox et ouvre au début des années 2000 la salle Aerospace, à New York.

POURQUOI IL BUZZE

Parce qu'il a récemment converti les plus grands tops à la boxe et, du coup, féminisé ce sport. Son style: jamais de travail sur machine, mais une alternance de corde à sauter, squats, pompe et mouvements de boxe, avec une grande variété de gestes, de vitesse et d'intensité. De quoi tonifier les muscles, sans prendre du volume, renforcer le cœur, améliorer la coordination et brûler des calories, tout en se dé foulant.

SA PRESCRIPTION

Pour voir le résultat, on ne change pas chaque semaine de sport ou de cours, c'est la répétition qui paye.

SES DISCIPLES: Adriana Lima, Constance Jablonski. www.aerospacemy.com. Instagram: @elcuerpodapil



THE PREISTESS DU YOGA

BIO EXPRESS

After practicing ashtanga yoga for many years, Guru Jagat discovered Kundalini Yoga and went on to study with Yogi Bhajan, the Master who brought the discipline in the United States at the end of the 1960s. In 2013 she founded the RA MA Institute in California. In January, she published her first book, Invincible Living, through HarperElixir. Her book offers the keys to better life in our hyper-drive society.

WHY THE BUZZ

Guru Jagat demystifies the ancient practice of Kundalini Yoga which can seem a little esoteric. Guru Jagat teaches this practice rooted in the real life, powerfully healing the nervous, endocrine and immune systems to resist the modern day stress.

THE PRESCRIPTION

To feel the benefits of the Kundalini, no need to become a fanatic, you can practice in jeans, anywhere, with a few minutes of breathing



CHRISTIE KIDD

LA DERMATO MAGIQUE

CHRISTIE KIDD

BIO EXPRESS

Dermatologue à Beverly Hills, cette diplômée de l'University of Southern California School of Medicine a participé, en 2015 et en 2016, à l'émission *The Doctors*, où elle livrait des recommandations anti-acné et dévoilait les traitements adoptés par les stars pour assurer sur tapis rouge. Elle possède une ligne de soin spécialement formulée pour les peaux à imperfections.

POURQUOI ELLE BUZZE

Parce que c'est elle qui a soigné l'acné de Kendall Jenner. Sa méthode? Un bon nettoyage et des produits bien

ciblés. Quoi qu'il arrive, adopter le matin un écran solaire non gras. Jamais de crème teintée, de scrub, de brosse nettoyante ou de cosmétiques agressifs, qui tous favorisent les imperfections. En prime, quelques séances de Laser Genesis ont aidé Kendall à retrouver une peau toute neuve.

SA PRESCRIPTION
En matière de routine cosmétique, less is more.

SES CLIENTES CÉLÈBRES:
Kendall et Kylie Jenner. www.christiekidd.com

704 2017 • GRAZIA 95

[CLICK HERE TO READ FULL ARTICLE](#)

TOWN AND COUNTRY



T&C NAMES THE TOP 40 MASTERS OF THE HEALTH AND BEAUTY UNIVERSE

THE GOSPEL "Having a clear mind and a strong body are the new commodities of this age," says Guru Jagat, a Kundalini yoga teacher who practices a meditation to regain youthfulness. She writes in her book *Invincible Living* that inner and outer beauty are really just a frequency "that can and will radiate from you—if you allow it." ...

[CLICK HERE TO READ FULL ARTICLE](#)

LOOKING GLASS

BEAUTY, HEALTH, AND WELLNESS

BEAUTY SPECIAL

Who's YOUR GURU?

T&C NAMES THE TOP 40 MASTERS OF THE HEALTH AND BEAUTY UNIVERSE.

By Jamie Rosen and Meg Strom

GURU JAGAT
The American yogi who offsets stress and wrinkles.

THE GOSPEL "Having a clear mind and a strong body are the new commodities of this age," says Guru Jagat, a Kundalini yoga teacher who practices a meditation to regain youthfulness. She writes in her book *Invincible Living* that inner and outer beauty are really just a frequency "that can and will radiate from you—if you allow it."

NATURAL HABITAT Teaching Alicia Keys in New York; leading group retreats in Los Angeles and Palma de Mallorca, Spain. **PRACTICAL MAGIC** She's a fan of the controversial jade egg and "beditation," a first-thing-in-the-morning exercise. [GURUJAGAT.COM](#)

★ GURU-APPROVED ESSENTIALS: VINTNER'S DAUGHTER SERUM ▷ DIGITAL DETOXES ▷ A WEEK OF COLONICS AT WE CARE ▷ BONE BROTH ▷

MAY 2017 103 [TOWNANDCOUNTRYMAG.COM](#)

MAY 2017

HHARPER'S BAZAAR

BAZAAR



APRIL 2017

BETTER SEX AND MORE MONEY: THE TRENDY YOGA PRACTICE THAT PROMISES PERKS BEYOND INNER PEACE

Gucci bags and turbans is the first note I write after arriving for a Kundalini yoga class at RA MA (full name: the RA MA Institute for Applied Yogic Science and Technology) in Venice, California.

There are a few dozen people in the room: women—mostly white, but not entirely—in their thirties and forties who seem like perpetual seekers; white guys with big beards and turbans who have the fervor of recent converts; a pair of spry septuagenarians who have the well-preserved look of the wealthy and who, as a warm-up, touch their forehead to their knees.

Guru Jagat, the 37-year-old owner of the studio, author of the just-released ***Invincible Living*** (Harper Elixir), and Kundalini's yoga's first crossover star—Kate Hudson, Goldie Hawn, and Alicia Keys are all devotees who pop up on Guru Jagat's social media—makes her way to the front of the studio and takes her seat on a small stage. Behind her is a 60-inch gong that she is fond of telling people was originally built for Van Halen.

[CLICK HERE TO READ FULL ARTICLE](#)

yoga journal

FEBRUARY 2, 2017

UNITED STATES YOGA TRAVEL

12 Yoga Retreats with Your Favorite Teachers in 2017

3. A Kundalini Yoga and Meditation Spring Equinox Retreat with Guru Jagat

Where: Rivas, Nicaragua

When: March 17–22, 2017

[Kundalini](#) master teacher and author of [Invincible Living](#), Guru Jagat, is hosting a retreat in Nicaragua during the Spring Equinox to maximize the revitalizing and recharging energies. This nourishing, healing retreat will focus on exercise, mantras, meditation, and rich gong baths. Not to mention, effectively syncing your body with the moon cycle to keep your health and emotions optimized throughout the year.

[CLICK HERE TO READ FULL ARTICLE](#)

People**bodies**

Kate Hudson, Alicia Keys and Kelly Rutherford Swear by Kundalini Yoga Practice to Stay Centered

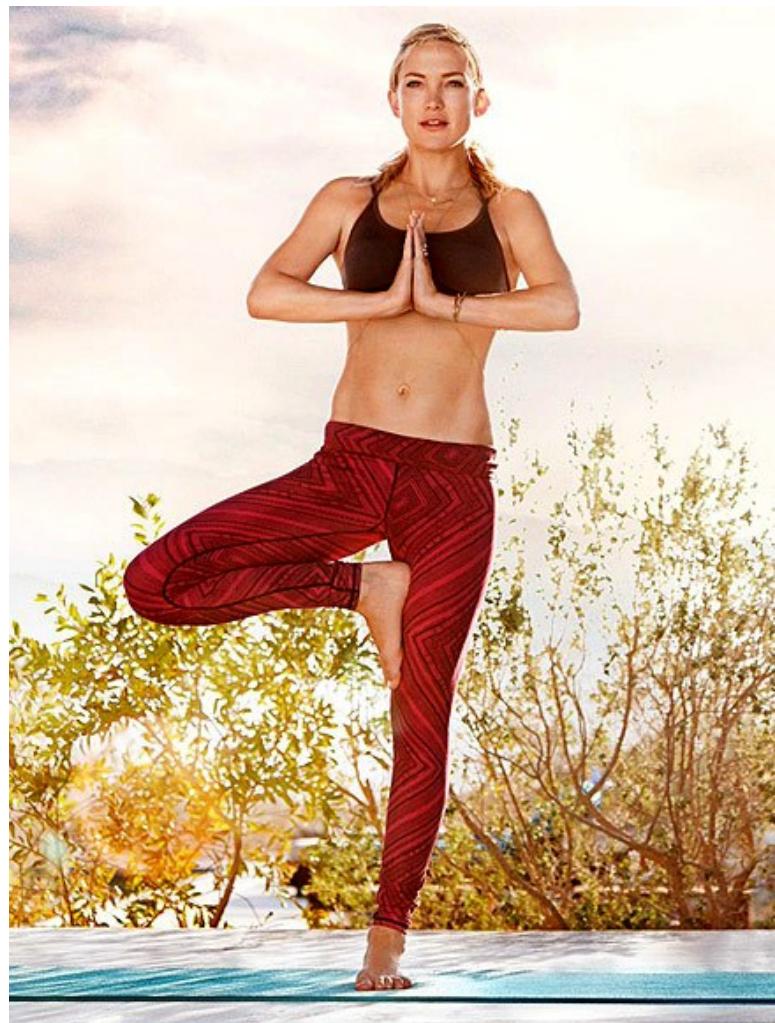
What do Kate Hudson, Alicia Keys and Kelly Rutherford have in common?

They all practice Kundalini yoga — an ancient yoga practice that incorporates meditation, chanting and breathing exercises — with Guru Jagat, a Los Angeles-based senior teacher.

"I have had the pleasure of practicing with Guru Jagat, and Kundalini has been one of my favorite forms of meditation and yoga practice," Hudson, 37, tells PEOPLE. "Guru Jagat has a beautiful way of bringing a youthful and accessible approach to an ancient practice, and her mission to bring more people into this movement of reaching a collective higher consciousness."

Rutherford credits Jagat with helping her get through tough times and challenges in her personal life...

[CLICK HERE TO READ FULL ARTICLE](#)



FEBRUARY 2, 2017

VOGUE

Meet the L.A. Yoga Guru Taking On Resting Bitch Face and Donald Trump

...Since founding her studio/online video channel/record label, the Ra Ma Institute, in L.A.'s Venice in 2013, Guru Jagat has transformed a tradition that even some committed yogis view as off-puttingly cultish—with its turbans, all-white outfits, and emphasis on mind-trip spirituality—into something cultish in that other sense of the term. Actors, filmmakers, It girl types, and silver-bearded old-timers, some in fact wearing black, pack themselves sheepskin-to-sheepskin (said to insulate the practitioner from the magnetic pull of the earth) into her classes, which combine relatable, Seinfeld-esque monologues on transcending ego with trippy meditations (imagine chanting “SA!-TA!-NA!-MA!” for 31 minutes, eyes closed); repetitive, quad-and-tricep-annihilating movements; and deep relaxation soundtracked by a Brobdingnagian gong originally custom-built for Van Halen.

Now, with the release of her book, Guru Jagat is offering a stripped-down version of her signatures, serving up simple, colorfully illustrated breathing and movement exercises and meditations alongside no-nonsense life and wellness advice...



JANUARY 12, 2017

[CLICK HERE TO READ FULL ARTICLE](#)

ET

ENTERTAINMENT TONIGHT

EXCLUSIVE: Inside Alicia Keys' 'Radiant' Health and Beauty Secret -- Kundalini Yoga With Guru Jagat



AIR DATE: JANUARY 3, 2017

[CLICK HERE TO WATCH FULL SEGMENT](#)

The Washington Post

A lesser-known yoga style focused on internal health is gaining popularity in the U.S.

Guru Jagat, 37, a practitioner and instructor who Tanner said is making kundalini “cool,” said she felt a difference after just 20 seconds of her first class. “The way it’s designed is to get your endocrine system to secrete and to balance very, very quickly, and the endocrine system — the glands — are the guardians of our health,” said Jagat, who grew up in Washington County, Md. “All of our breaths and these little practices that we do are basically stimulating the hypothalamus, the pineal and the pituitary glands. [They] secrete very quickly and when that happens, you start to feel more alive, more clear-minded, more in your right action.”...

Jagat’s RA MA TV is another example of kundalini’s growth. It started with a few subscribers and now broadcasts classes and workshops to 10,000 subscribers in 180 countries.



JANUARY 13, 2017

[CLICK HERE TO READ FULL ARTICLE](#)

Spiritual Healing: Why Young Women Are Turning to Shamans to Fix Themselves



"There is a shift happening, a renaissance," says Guru Jagat, a kundalini yoga and meditation star (who counts the rapper Eve as a client) with a record label, book deal, and expanding empire of Ra Ma institutes offering kundalini yoga, meditation classes, and teacher trainings. Jagat posits that the technological age and social disenfranchisement—"We are simultaneously closer and farther apart," she says—are driving more people to look inward and discover "the innate human ability to heal ourselves" through meditation and other woo-woo-sounding modalities.

JULY 2016

[CLICK HERE TO READ FULL ARTICLE](#)

LOS ANGELES MAGAZINE



JANUARY 2014

[CLICK HERE TO READ FULL ARTICLE](#)



To anyone who has walked into a Los Angeles yoga studio, the scene this Wednesday morning would be familiar: white walls hung with Tibetan silk tapestries that depict various incarnations of the Buddha; leafy plants and sparkling geodes dotting the corners of the room; shoji screens that mask a busy city street; a shiny wood floor on which 40 acolytes quietly wait cross-legged on mats and fluffy sheepskins. Into the room comes Guru Jagat, who founded the [RA MA Institute](#) in Venice in 2013.

WOMEN'S HEALTH

Tone-at-Home

Women

DREAM SEX
Introducing the no-effort orgasm...enjoy one tonight!

CRAZY-HOT ABS! in 15 minutes

Shortcuts to a lean, sexy belly

FAKE A GOOD NIGHT'S SLEEP
QUICK FIXES FOR DARK CIRCLES & TIRED SKIN

Guru Jagat
SPIRITUAL PATH: CHANTING

A popular figure in L.A.'s spiritual scene and founder of RA MA Institute for Applied Yogic Science and Technology (David Moore and Russell Brand are considered supporters), Guru Jagat (a spiritual name given to her decades ago by a yoga master) views her spirituality as a tool for well-being. She focuses on mantras and chanting, which, she says, help relieve stress.

Science is with her: Researchers at McGill University in Montreal recently reviewed 400 studies and concluded that singing in any form boosts psychological health by activating brain chemicals responsible for pleasure, motivation, and immunity. Another study found that chanting "om" can counteract depression and anxiety; still other research finds it can release oxytocin and endorphins (the same feel-good hormones that are released during sex and heart-pumping cardio).

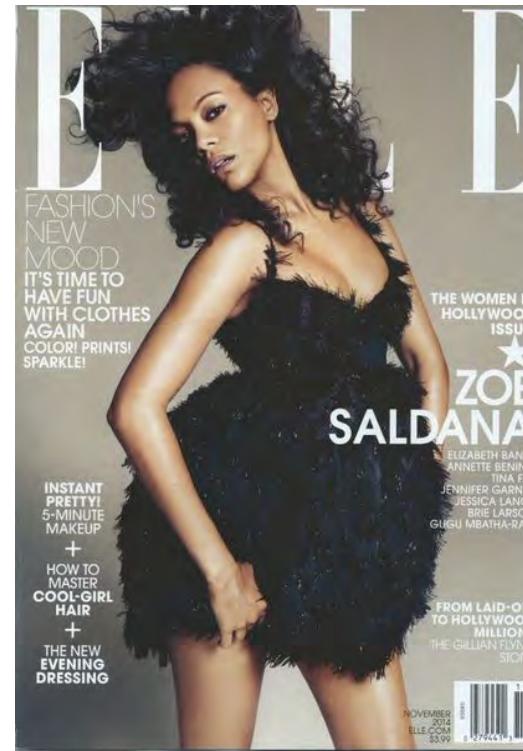
TRY IT: Pretty much any word or phrase can be a mantra, says Guru Jagat, but positive ones can help reinforce and retrain your thoughts, particularly negative ones (like "I'm not good enough"). Inwardly repeat words that are consistently floating around in your brain. Pick your mantra, then close your eyes and inhale slowly. Hold your breath, and touch the tip of your tongue to the roof of your mouth (an acupressure point that's believed to stimulate energy and balance the nervous system). Then mentally say your mantra three times slowly. Exhale, and repeat twice. Do this throughout the day, she says, and particularly when you start to get anxious, angry, or bogged down by your negative "stuff."

INSTANT PRETTY! 5-MINUTE MAKEUP
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OCTOBER 2014

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ELLE



Los Angeles—capital of crystal-wielding gurus and alternative lifestyles—has never been more swept up in ideas of mind-body beauty. April Long communes with the city's new spirit-slash-skin-care guides.

I'm sitting cross-legged on the floor of the RA MA Institute, a buzzy offshoot of Yoga Journal and Teacher's College, situated in a nondescript strip-mall-like building in Venice, California, trying not to mess up my single-sided breathing. Guru Jagat, the 32-year-old breatharian and Kundalini teacher, whose classes roll in like the tides of actor Russell Brand and rapper Eve, is demonstrating the technique (inhale left, exhale right) and gently massaging my head (this, I later learn from the Institute website, "regulates the vital solar energy in the body"). When I catch the eye of the first woman in a roomful of studio students and whisper "Welcome to L.A."

The West Coast has long been ground zero for some of the more out there approaches to health and beauty—divine interventionism, nineteenth-century shiropaths who settled in Pasadena to *10 Things I Hate About You* actor Andrew Keegan's childhood home, and the like. As we move through their sheepskin rugs (the new yoga mat!) and prepare for a 10-minute meditation conducted by a rapturous instructor who's wearing a pink leotard and a gold crown, I'm struck by how Guru's own record label and brand, by her iPod via spiritual speakers, I sneak a look around. The women here could be actresses, moms, bartenders, or

doctors' musically inclined.

Virtually everyone I meet in Venice has an energy healer or an astrologist. The cozier boutiques in Silver Lake sell crystals, pendants, and dream catchers, and aura readers who check chakras and auras with the same unscientific consciousness as one might discuss what they're having for lunch (which, by the way, probably involves a smoothie or a smoothie bowl). Former fashion editor Suze Yalof Schwartz's recently opened Updog Mediterra—a studio with round thermal beds, cedar diffusers, and incense burners—gets your ass on as easy as a stop at La N' Out Burger, and there's even a 24-hour green-juice ATM in Beverly Hills. What with all the holistic gurus, I'm beginning to wonder if I'm the last one standing. "Welcome to L.A."

The West Coast has long been ground

zero for some of the more out there approaches to health and beauty—divine interventionism, nineteenth-century shiropaths who settled in Pasadena to *10 Things I Hate About You* actor Andrew Keegan's childhood home, and the like.

Jeff Goldblum, who's currently a painted man in a Hollywood party, has

caused quite a stir by calling a Hindu

ritual his favorite pastime.

There's something very different

from California New Age fervor of the 1970s and '80s, however. This is more

of a metaphysical beauty movement, in

which the goal is looking and feeling

younger, more attractive, or slimmer,

and higher-plane enlightenment if the

case.

NOVEMBER 2014

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L A Y O G A



MARCH 2014

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One of the most notable features of the RA MA Institute for Applied Yogic Science and Technology in Venice is the gong. It's the only 60-inch gong in Los Angeles and the stories around it are the stuff of myth—mixed in with some truth. It takes months to make a gong this size; it was shaped by special order for Van Halen, but the band later changed their mind. Until Guru Jagat found it lingering on Sunset Blvd—“sad in Hollywood,”—as she put it, the instrument was waiting for the community that would collect and share space with its magnificent sound.

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CATCHING UP WITH GIA, THE YOUNG SCION, IN NAPA VALLEY ON WINE, FAMILY AND HER FIRST FEATURE FILM

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beauty healing



FROM LEFT Sada Ram, Harmanjoet, Guru Jagat, Shiva Rose and Lily Ruffner.

Owens tunics and high-top sneakers. She's also one of the world's youngest senior kundalini teachers—her spiritual name bestowed by the late Yogi Bhajan himself, the man responsible for bringing kundalini yoga to the West. Guru Jagat's mission is to bring all these ancient teachings—beauty secrets included—into the mainstream. In December, she also launched RA MA Records, a recording label that pairs kundalini mantras with punk rock, rap, reggae, electronic and other musical styles. Famed '80s girl band The Go-Gos are among artists slated for the label's next release.

Kundalini yoga is gaining popularity worldwide as an effective antiaging technology with its combination of physical postures, breathing techniques, mantras, mudras and meditation to strengthen the nervous and glandular systems. Not surprisingly, Los Angeles is the epicenter, with kundalini studios Yoga West, Golden Bridge, Nine Treasures Yoga and now the staggeringly popular RA MA Institute for Applied Yogic Science and Technology, which has become de rigueur among Venice hipsters, hard-core yogis, athletes and celebrities who follow the studio's master teachers. While the spiritual element is key, kundalini is not religion-based—it's a nondenominational and measurable technology for uplifting

Off the mat

From punk rock to ancient beauty elixirs, a young yogi wunderkind raises the collective kundalini of Los Angeles

BY BLAIR SAINT PHOTOGRAPHED BY COLUMBINE GOLDSMITH

The biggest yogic beauty secret of all is self-esteem," proclaims Guru Jagat in opening remarks to 50 women, who sit mat to mat on a Sunday afternoon at the RA MA Institute for Applied Yogic Science and Technology in Venice. "If you really think you are too fat, too thin, too old, too whatever, that's your projection, and that's exactly how people will see you."

The idea that our neuroses can age us prematurely is news to some but an obvious truth to the growing group of regulars in attendance at RA MA's women's workshops. Ageless yoginis dressed in flowing white cotton (white increases radiance), and with skin that quite literally appears to glow, guide a high-energy group of 20- to 60-year-olds, here to practice kundalini yoga, replenish with health elixirs and collect ancient yogic beauty prescriptions as doled out by RA MA's ravishingly radiant founder, 34-year-old Guru Jagat. This cherished teacher is no new-age cliché, with her vast knowledge of kundalini teachings, wicked sense of humor and penchant for Rick

the body, mind and spirit. Harvard Medical School is currently conducting a five-year study examining the effects of yoga and meditation on chronic stress. One test group practices kundalini yoga, chosen for its emphasis on meditation. Guru Jagat smiles and shrugs: "Yogis have known this for thousands of years," she says, "but it's very helpful to have science behind it."

After an inspirational, albeit spicy talk (Guru Jagat's delivery is lively, to say the least) and an intense yoga set to balance the "tattvas" (elements of earth, water, fire, air and ether), more time-tested beauty advice is revealed—cold-water showers to flush the capillaries, specific asanas (postures) for weight control and youth, hair washing with oils instead of shampoo, massaging the skin with ghee, yogurt baths, recipes for golden milk made with turmeric (a natural anti-inflammatory), and the special spice-infused yogi tea that is a staple in the kundalini beauty regime.

Four hours later and already feeling uplifted, the group as a whole is looking decidedly different. We've swapped our neuroses for the kind of radiance you can't find in a bottle or at the dermatologist's office. •

C64 MAY 2014

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PLUS PAZ VEGA,
GUSTAVO DUDAMEL,
BRUCE WAGNER

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DECEMBER 2014

IT GIRL



Senior Kundalini yoga teacher Guru Jagat is leaving Venice breathless with her new Ra Ma Institute for Applied Yogic Science and Technology.

flock to her practice (including many from Hollywood—Demi Moore follows one of the institute's teachers) find this refreshing and real. "Every time you go to one of Guru Jagat's classes, she always pinpoints whatever it is that you're feeling. She makes you understand the whole spirituality aspect of everything," says jewelry designer Jacque Aiche, who found Kundalini by accident when Guru Jagat stepped in for her regular teacher four years ago. "She subbed the whole week, and I went—every single day," she says.

Jagat—one of the youngest senior Kundalini teachers in the world—is also fashionable, tied to L.A.'s tastemakers, and devoid of the squinty, self-serious tone so often threaded through yoga. In January 2014, she branched into the music business with Ra Ma Records, releasing albums that combine electronic, rock, and rap beats with "conscious lyrics." It's part of why she currently finds herself at the intersection of her own charisma and Kundalini's growing popularity.

"She's such an amazing soul and friend and adventurer," says Amanda Chantal Bacon, a student of Jagat's and the founder of Moon Juice, a popular cold-pressed drink shop in Venice and Silver Lake. "We've done 12 hours a day of yoga for four days, and then gotten in the car and driven three hours to a nude mineral hot springs."

Mystical as it may sound, the Kamali- and Kenzo-wearing Jagat describes Kundalini as "technology" that "creates a velocity in the brain," essentially turning on lights in some of the capacities that might be dormant. Meditation, breath practices that stimulate the brain and endocrine system, and postural movements associated with the body's meridians are all part of the method. "You start to see clearer; you feel less reactive to stressors. You sleep better; your metabolism changes," says Jagat of its benefits.

In addition to what Jagat says are marked effects with anxiety, depression, and fertility issues, she attributes much of the fanfare around Kundalini to its efficiency. "You come to your first class, and within three minutes, you can have a total powerful overhaul of your whole system," she says. Such was the way she first experienced the form of yoga in her early 20s while living in New York: one class and she was hooked. She went to an ashram in New Mexico to learn from

Yogi Bhajan, the man credited with bringing Kundalini from India to the West. "I'm not easily impressed," says Jagat, who grew up in West Virginia with a mother whose work as a dance movement therapist was steeped in New Age. "When I got to the ashram and saw everyone dressed the same way, I really resisted the whole thing," she says of the white turban and clothing that she now wears herself. "I have to have a firsthand experience of something or else I won't do it. But when you wrap your head in cotton, it stimulates reflex points and does something to the crown chakra, holding the energy that's moving through your system. You feel energized—it works." To accessorize the turban, Jagat is also wearing two vintage Casio watches—an apt, if surface, example of her versatility. "It's my kickback to—what's that girl group? It's my TLC moment," she says. **LAC**

Om-azing Grace

WHEN MASTER KUNDALINI YOGINI GURU JAGAT OPENED SHOP IN VENICE, LA'S A-LIST DIED AND WENT TO NIRVANA. BY MOLLY CREEDEN

When you meet with Guru Jagat—Venice's most buzzed-about yoga instructor—at 7:30 AM, you might as well be convening for lunch. The 34-year-old master has been up since 4 AM, undergoing a daily morning ritual to clear her subconscious while the sun sits at a particular angle to the earth. It starts with a mantra and then physical practice for an hour. The routine ends in a long meditation. "I can't serve my students in the way that I want to if I'm not clear," explains Jagat, who lives in the beachside neighborhood with her boyfriend and two dogs. "I have a great personality, but I'm not selling my personality. I'm giving clarity to my students."

Jagat does have a personality worth sweating for. The senior Kundalini teacher and founder of Venice's new RaMa Institute for Applied Yogic Science and Technology is wry, intuitive, and funny. In class, she is known to drop the occasional curse word as easily as she does a mantra, and the hundreds who

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yoga

JOURNAL

New science on yoga's anxiety-fighting powers

yoga
JOURNAL

Protect your back from common injuries

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Yoga practices for a tranquil mind

17 feel-good poses for energy, happiness, and health

How to move safely through tricky transitions

22 new things to try on your mat

4 poses for agility train cover model Tiffany Crutikank, page 28

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September 2015 | \$10.99

10-, 20-, and 30-minute sequences to rev up your metabolism

By Guru Jagat

IN AN INCREASINGLY fast-paced world that demands more of our attention and time, everyone is looking for a way to increase their energy. This Kundalini practice, passed down by Yogi Bhajan, the master of Kundalini Yoga, is designed to do just that—an efficient and invigorating sequence, boosting our metabolism and creating new levels of youthfulness and balance in your body and mind. Think of Kundalini Yoga as a technology you can use to activate your innate vitality and health through movement, mudra (hand gesture), and mantras (sound). Practice the poses in order, and try not to skip any steps. You can, however, modify anything to accommodate any injuries and your level of flexibility.

Prep work

Say or chant Om namo guru dev ihymes with "sah" name on three times. This means "I bow to the Creative Wisdom" or "I bow to the Divine Teacher within," and is used at the beginning of every Kundalini practice to tune into the divinity and knowledge in each of us.

If you have 10 minutes, try this practice.

10 min



3 minutes

Baby Pose, with Head Up

Sit on your heels and bring your forehead toward the ground and your arms alongside your body, palms up. Keeping the hands on the floor, lift your nose to your chin. Press your inner upper glute muscles. Hold here. Begin Kapalabhati Pranayama (Skull Shining Breath or Breath of Fire), pumping the stomach as you breathe powerfully in and out through the nose. If you start to feel uneasy with any alternative-breathing practices, revert to normal breathing.

Seated on Heels, with Back on the Ground

From Baby Pose, sit up and gently ease onto your back, remaining on the heels. Place your arms next to your head, fingers pointing down. From this position, bend your knees deeply and reach your arms behind them, bringing the hands to the tops of the feet. To center your forehead—your "third eye"—and practice breath of Fire, in Kundalini Yoga, this posture is said to breath with blood flow to the organs and with removing waste that may slow metabolism.

Kundalini Chair Pose, with Lion's Breath

Come to standing, feet a little more than hip-width apart and toes turned out 45 degrees. Bend toward, keeping your spine straight. Place your hands next to your head, fingers pointing down. Then bend your knees deeply and reach your arms behind them, bringing the hands to the tops of the feet. To center your forehead—your "third eye"—and practice breath of Fire. In Kundalini Yoga, this posture is said to breath with blood flow to the organs and with removing waste that may slow metabolism.

End here in seated meditation 2.5 minutes

OR, HAVE 10 MORE MINUTES? TURN TO PAGE 50 TO EXTEND YOUR SEQUENCE.

49

practice well
HOME PRACTICE

practice well
HOME PRACTICE

If you have 20 minutes, add these poses to your sequence.

20 min

3 minutes

3 minutes

2 minutes

Sukhasana (Easy Pose), with Arms Stacked

Come into Easy Pose. Bring your arms to shoulder level, bend your elbows, and place your forearms right over left, with your palms facing down, parallel to the ground. Close your eyes and roll them up and in toward your third eye. Breathe long and deeply, silently reciting a mantra for creation: Hari (rhymes with "body") on the inhale and Har (rhymes with "husk") on the exhale. (Har means "yellow" and is used here to invoke a higher power.) Repeat as many times as possible in 3 minutes.

Marjaryasana (Cat Pose) and Bitilasana (Cow Pose)

Come onto your hands and knees, bringing your shoulders over your wrists and your hips over your knees. Take a deep inhale, arching your back, neck up and dropping the belly for Cow Pose; on the exhale, press into the floor, bringing the head down, and pull the navel in as the spine arches up for Cat Pose. Continue this movement for 3 minutes. Repeat as many times as possible. This pose is said to activate cerebral fluid and "wash" the brain and face, creating clarity in the mind, and a natural anti-aging effect in the skin.

Vinyasa

Begin in Adho Mukha Svanasana (Downward-Facing Dog Pose). On an exhalation, bend into Park Bench Pose. On an inhalation, come into Staff Pose, with the body parallel to the ground and elbows bent. Inhale to push up into Bhujangasana (Cobra Pose). Arch your back, straighten your arms, and inhale as you hold the posture and begin the sequence again. This exercise builds strength, focus, and cardiovascular endurance.



2 minutes

1 minute

Ego Eradicator

Remain in Easy Pose. Roll your fingers into the pads of your palms, keeping the thumbs out. Bring your arms up to form a 60-degree angle, pointing the thumbs toward each other. Focus on your third eye and breathe deeply, slowly, and evenly through the nose for almost a minute. To end, inhale and hold for as long as you can. Bring your thumbs to touch over your head, spreading the fingers. Exhale your arms down.

→ End here with Savasana (Corpse Pose) 2.5 minutes

OR, HAVE 10 MORE MINUTES? TURN TO PAGE 52 FOR THE FINAL 6 POSES.

Easy Pose, with Gyan Mudra

Remain in Easy Pose. Bring your hands to the pads of your palms, keeping the thumbs pressing the tips of the thumbs in Gyan Mudra, which is said to bring the brain into a natural state of peaceful clarity. Bring your arms up to form a 60-degree angle, eyes closed and rolled back, and in. Focus on your third-eye point, in the center of your forehead.

CLICK HERE TO READ FULL ARTICLE

SEPTEMBER 2015

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50

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"GURU JAGAT IS THE YOUNGEST SENIOR KUNDALINI TEACHER IN THE WORLD."

THE HOLLYWOOD REPORTER

"ONE OF OUR FAVORITE DISCOVERIES...IS KUNDLAINI YOGA MASTER GURU JAGAT!"

OUR BODY BOOK BY CAMERON DIAZ

"GURU JAGAT IS BUZZED-ABOUT"

DUJOUR MAGAZINE

"THE DRAW IS GURU JAGAT!"

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"GURU JAGAT TEACHES US WHAT FEMALE AUTHORITY AND SELF-REALIZATION LOOKS LIKE"

CHALKBOARD MAGAZINE

"GURU JAGAT IS REMAKING KUNDALINI!"

MIND BODY GREEN

SELECTED PRAISE

After meeting Guru Jagat and becoming introduced to the technology of Kundalini Yoga, every part of me has become awakened. I am clearer, stronger, more conscious, and more creative than ever. I am in a place I always wanted to get to, but could never quite figure out the way before. Guru Jagat's tell it like it is style is modern, relatable, and very doable. I love it.

ALICIA KEYS

I have had the pleasure of practicing with Guru Jagat, and Kundalini has been one of my favorite forms of meditation and yoga practice. Guru Jagat has a beautiful way of bringing a youthful and accessible approach to an ancient practice, and her mission to bring more people into this movement of reaching a collective higher consciousness.

KATE HUDSON

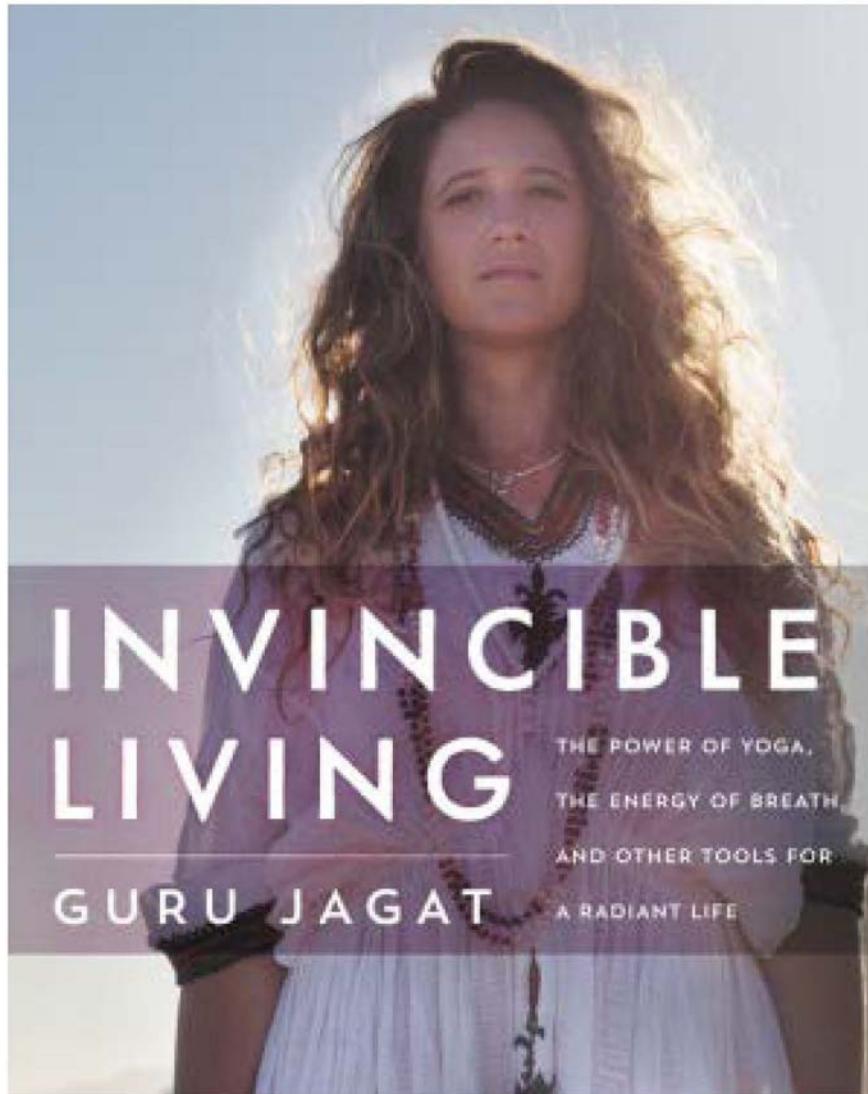
Guru Jagat is incredibly soulful, authentic and relatable. I am on a wonderful new journey because of her teachings. She will change your life.

LEANN RHYMES

The meditation, breathing and focus helps to calm. The practice builds trust with yourself and attunes you to a feeling of love, forgiveness and compassion.

KELLY RUTHERFORD

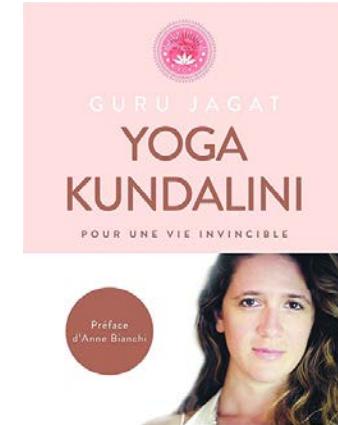
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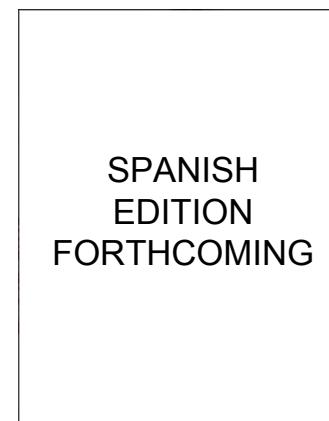
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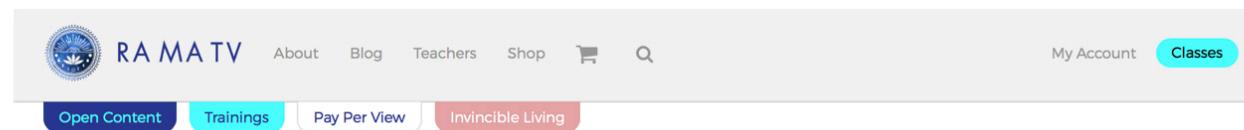
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GURU JAGAT

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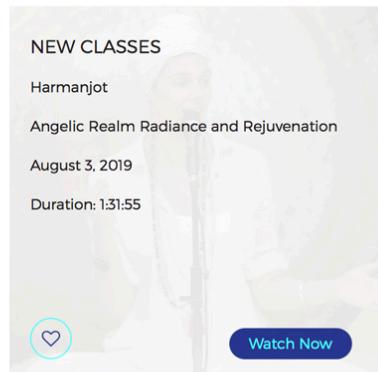
The image shows the RA MATV website's header. It features the RA MATV logo with a blue circular emblem containing a stylized tree or lotus. To the right of the logo is the text "RA MATV". Below the logo are navigation links: "About", "Blog", "Teachers", "Shop", a shopping cart icon, and a search icon. On the far right are "My Account" and a blue button labeled "Classes". Below the main menu are four colored buttons: "Open Content" (blue), "Trainings" (light blue), "Pay Per View" (white), and "Invincible Living" (pink).

NEW CLASSES

New on RA MA TV

Explore the latest classes – new content added daily.

Sort by: Newest to Oldest



Guru Jagat is the Founder and CEO Of the digital media platform **RA MA TV**. Her classes are broadcast to 200 countries every day no matter where she is in the world.

RA MA RECORDS



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Released Jun 17, 2014

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RA MA Records, Vol. 1

Various Artists

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1. Rakhe Rakhan Har	Erin Breech & Gil Talmi	11:11	<div style="width: 10%;"> </div>	<button>Play ▾</button>
2. Say Saraswati	Guru Jagat & Stereobrother	5:11	<div style="width: 50%;"> </div>	<button>Play ▾</button>
3. Ong So Hung	Gil Talmi & Sangeeta Kaur	11:11	<div style="width: 10%;"> </div>	<button>Play ▾</button>
4. Guru Guru Wahe Guru	Akal Dub & Anthea Jaskirp...	11:15	<div style="width: 10%;"> </div>	<button>Play ▾</button>
5. Ra Ma Da Sa	Samadhi Sky	5:00	<div style="width: 10%;"> </div>	<button>Play ▾</button>

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TOTAL: 5 ITEMS



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RA MA Records, Vol. 2

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1. Sat Narayan	Go Gobinday!	7:43	<div style="width: 10%;"> </div>	<button>Play ▾</button>
2. The Calling	Stereobrother & Guru Jagat	4:18	<div style="width: 10%;"> </div>	<button>Play ▾</button>
3. All Kinds of Love	Onyay Pheori	4:44	<div style="width: 10%;"> </div>	<button>Play ▾</button>
4. Aadays Tisai Aadays	Erin Breech	5:27	<div style="width: 10%;"> </div>	<button>Play ▾</button>
5. Beautiful I Remember You / Wahe Guru	Jennifer Paskow	4:28	<div style="width: 10%;"> </div>	<button>Play ▾</button>
6. Sat Nam	Stacy Matulis	3:14	<div style="width: 10%;"> </div>	<button>Play ▾</button>
7. This Day	The Gilded Lillies	3:54	<div style="width: 10%;"> </div>	<button>Play ▾</button>
8. Peace Is Easy	Gaia Oakhem	4:12	<div style="width: 10%;"> </div>	<button>Play ▾</button>

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TOTAL: 8 ITEMS

SELECT PAST ENGAGEMENTS

July 2015

Velocity of Sound, Wanderlust Squaw Valley, Olympic Valley, Ca.

October 2015

Keynote: Woman A Living Legacy, Emerging Women's Conference, San Francisco, CA.

November 2015

SUMMIT Series Speaker, Bahamas

March 2016

Mega Psyche Magnetics European Tour, London, UK + Berlin, Germany.

May 2016

Electric Spine: Instantaneous Awakening, Lightening In A Bottle, Bradley, Ca.

July 2016

Mythic Proportions and Poetry of Sound Retreats, Mallorca, Spain

August 2016

Applied Yogic Science and Technology, Obonjan, Croatia

September 2016

Enchanted Intimacy Relationships Retreat, Sedona, Az.

March 2017

New Era Living Technologies: The Yoga of Invincibility Kripalu Center for
Yoga & Health, Stockbridge, Mass.

March, 2017

Aqua Equinox Retreat, Aqua Nicaragua

March 2017

Beyond Yoga Body Positivity Ambassador

May 2017

California Women's Conference Key Note Speaker, Long Beach, CA

June 2017

Invincible Living Experiences, Alternatives, London, UKK.

June 2017

Your Secret Treasure Self, Secret Yoga Club, London, UK.K.

June 2017

The Yogic New Wave, Matches Fashion, London U.K.

June 2017

Evolution, Asian Yoga Conference, Hong Kong

June 2017

Capella and the Cosmos, A Day of Complete Wellness Mind, Body, and Spirit
HHappiness Revolution and Mass Meditation, Capella Hotel & Spa, Singapore

September 2017

Invincible Living Technologies, Omega Institute, Rhinebeck, NY.

September 2017

Spiritual Intimacy and Yogic Sexuality: Tools for Creating the Deepest Love, Lumeria
Resort, Maui

October 2017

Time To Bloom, Edmonton, Canada

October 2017

Esoteric India Yatra

January 2018

Immense Grace Yogic Beauty Secrets Retreat

January 2018

The Neuroscience of New Year's Resolutions, New York, NY

March 2018

Guru Jagat x Well Being in the Modern Age, Los Angeles, CA

April 2018

The Great Momentum: Guru Jagat x Neuhouse, Los Angeles, CA

April 2018

Unbesiegbar Leben: The Invincible Living Europe Book Tour, Berlin, Munich, Hamburg, Cologne, Zurich

May 2018

Aquarian Business Academy, Los Angeles, CA

June 2018

Reality Riffing: A Night of Real Talk with Guru Jagat, Alternatives London, London, UK

June, 2018

Pituitary Patterns: A Kundalini Yoga, Meditation & Gong Experience, Alternatives London, London, UK

June 2018

Mega Watt Sovereign Sounds, Bonnaroo Music Festival, Manchester, TN

June 2018

Mega Watt Inner Wisdom Jagat, Bonnaroo Music Festival, Manchester, TN

June 2018

Invincible Living Technologies, Kripalu Center, Stockbridge, MA

June 2018

Transcendent Experience, MindBodyGreen Revitalize Conference, Dove Mountain, AZ

July 2018

Midnight Mother Water New Moon In Cancer Solar Eclipse Event, Amsterdam, NL

August 2018

Aquarian Women's Leadership Society Experience, New Lebanon, NY

August 2018

Capella Singapore Presents: Immense Grace Beauty Secrets, Capella Hotel & Spa,
Singapore

August 2018

The RA MA Festival, Mallorca, Spain

August 2018

Success + Fulfillment, Wrage, Hamburg, Germany

August 2018

Sex, Love & Intimacy in the Aquarian Age, Wrage, Hamburg, Germany

September 2018

Camp Grace Retreat, Angeles Oaks, CA

October, 2018

Esoteric India Yatra with Guru Jagat, Amritsar, Bodhgaya, Sikkim

October, 2018

Trance of Grace Dubai Residency, LifenOne, Dubai, UAE

October 2018

The Future is Bright, Dunecrest American School, Dubai, UAE

December 2018

Zenith Point+ Celestial Meridian Winter Solstice Events, Sacred Space, Miami, FL

December 2018

Great Eastern Sun Winter Solstice Events, New Orleans, LA

December 2018

New Year's Eve Power Experience, Los Angeles, CA

January, 2019

Illumined Newness - A New Year's Beauty Secrets Weekend, Aspen, CO

January 2019

La Vie Invincible: An Intimate Women's Afternoon, Salon, Book Signing
and Tea with Guru Jagat, Paris, France

January 2019

Golden Era of the Woman: An Immense Grace Immersion, Mallorca, Spain

March 2019

Meditation in Action, A Panelist Harvard Divinity School, Cambridge, MA

April 2019

Aquarian Business Academy, Los Angeles, CA

May 2019

Hidden Kingdoms Tibet: A RA MA Experience with Guru Jagat

May 2019

Invincible Living Technologies, Omega Institute, Rheinbeck, NY

July 2019

Subtle Radiance: An Immense Grace Women's Afternoon, Hamburg, Germany

July 2019

RA MA Festival. Mallorca, Spain

July 2019

Aquarian Women's Leadership Society Gathering, New Lebanon, NY

August 2019

Infinity Vista Speakeasy Talk, Wanderlust Whistler, Whistler, BC, Canada

