

Kundalini Yoga Playlist

The following are tracks I often play in class, that you may like to listen to at home. I buy tracks from spiritvoyage.com or mantradownload.com. I know others who create Spotify playlists.

The mantra names are on the left and the artist is on the right. You may find other artists who sing the mantras in a way that you prefer!

- Sat Kartar by Sat Kartar
- Aad Guray Nameh by Snatam Kaur
- Guru Ram Das Chant – Tera Naam
- Aap Sahaaee Hoaa – Nirinjan Kaur
- Dhan Dhan Ram Das Guru – Guru Dass Singh & Kaur
- Rakhe Rakhanhar – Tera Nam
- Ra Ma Da Sa – Snatam kaur
- Siri Simrity – Guru Prem Singh Khalsa
- Adi Shakri – Earth
- Chattr Chakra Varti – Siri Sadhana Kaur
- I am the light of the soul – Gurudass Kaur
- Har Hare Haree – Gurudass Singh & Kaur
- Kirtan Kriya (short version) – Nirinjan Kaur
- Laya Yoga Chant – Paramjeet Singh
- Mool Mantra – Tera Naam
- Pavan Pavan – Guru Shabad Singh
- Sa Re Sa Sa – Nirinjan Kaura (full moon meditation)
- Sat Narayan – Tera Naam
- Sat Siri Akaal – Tera Naam or Feather & Dot
- Wha Yantee – Tera Naam