

नौलि

A Yoga Cleansing Exercise For Everyone

NAULI.ORG

Press Release

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NAULI.ORG LAUNCHES

AUSTIN, TEXAS, JULY 28TH, 2009: First mentioned 500 years ago in the classic yoga treatise, **Hatha Yoga Pradipika**, nauli, a yogic cleansing exercise, has become a popular tool for yoga practitioners. But finding consistent, quality information about nauli practices has been difficult. Today, that problem is solved as nauli.org, a non-profit web site dedicated to the art of nauli, makes its debut.

Nauli.org is a forum to advance the state of nauli knowledge and help practitioners learn nauli technique. Site visitors can comment on various postings as well as participate in the discussion forums. The site includes:

- Annotated reference bibliography
- Discussion about using nauli in asana practice
- Latest nauli videos from YouTube
- Section on learning nauli
- Discussion forum

Practitioners new to nauli can learn how to perform nauli and ask questions in the forums. Advanced practitioners can help new practitioners, discuss learning/teaching techniques, and help advance the state of nauli knowledge.

For more information, contact us at info@nauli.org or visit our web site at www.nauli.org

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