

# *Kundalini Yoga Introduction*

As a beginning Kundalini Yoga student, follow class at a pace that suits your flexibility and endurance. There is no prize for injuring yourself. Practice at home, a one-hour morning practice will prepare you for your day. If you can practice at the same time each day, you will find that you improve rapidly. Take one to three yoga classes a week and one workshop a month to establish a firm foundation for an effective program that fits your needs, goals, capacity and lifestyle.

Wear loose comfortable clothes to class, preferably of cotton or other natural fiber. Bring an exercise mat or towel to sit on if you desire.

## **1. Start on Time**

Make sure you go to the bathroom before class, and *not* during. Getting up in the middle of class is very disrupting to the group energy. Remember to turn off your cell phone. It is also important to try to stay still and not fidget during class, i.e., drink water, roll neck, etc., especially during meditation and when the teacher is speaking. This helps you to stay present and have a deeper experience. It also demonstrates respect for the teacher.

## *Kundalini Yoga Class Format for Most Classes:*

## **2. Tune in by chanting the Adi mantra 3 times – ONG NAMO GURU DEV NAMO**

<b>ONG</b>	<b>NAMO</b>	<b>GURU</b>	<b>DEV</b>	<b>NAMO</b>
Infinite Creator	I call on that	Transforming Wisdom	Subtle Energy	I call on that energy

The mantra above can be read as: “I open myself to the experience beyond my limited self. Let my unlimited spirit and consciousness guide me. I call on the subtle knowledge of my own highest mind to uplift me with what I learn” or “I bow to the Creator, to the Divine Teacher Within.”

Mantra is vibration. Energy vibrates. There’s a particular vibratory frequency corresponding to every sound in the universe. By vibrating a particular combination of sounds (syllables), you tune-in to various levels of intelligence or consciousness.

**The Kundalini Yoga Center – 400 E. Center St. Altamonte Springs, FL. 32701**

## **Class Basics**

- » Turn off your cell phone
- » Use restroom before class
- » Comfortable clothes, natural fibers
- » Towel, mat or sheepskin
- » Pillow or prop to sit in mediation
- » Eyes Closed
- » Gyan Mudra – Thumb and index finger touching
- » Necklock – Jalandhar Bandh
- » Root Lock – Mul Bandh
- » Breath - Inhale Sat , Exhale Nam
- » Long Deep Breathing
- » Breath of Fire – rapid steady breath

## **Basic Class Format**

1. Start on Time
2. Tune In / 3x Ong Namu Guru Dev Namu
3. Teacher Discusses the Day
4. Warm-Up Exercises
5. Main Kriya
6. Meditation
7. Deep Relaxation
8. Tune Out/ Group Projection – Long Time Sunshine Song and Long Sat Nam

### 3. **Teacher Discusses the Day**

After tuning in a theme or topic is introduced. Yoga has collected many practical guidelines to keep your life vital. Nutrition, exercise, proper sleep, meditation, breathing, body awareness, and the relationship you have with your emotions are some of the basis of these teachings.

### 4. **Warm-up exercises for 5 to 20 minutes usually are next.**

### 5. **The main “kriya”, or exercise series, begins.**

A kriya is a specially designed sequence of yoga exercises, each lasting from one to three minutes. This series will “work out” a certain component of your mind and body system – be it your glandular system, your nervous system, your organs or your muscular system. At the end of the series, you will be consolidated in a new physical and mental state.

### 6. **Now we do a meditation.**

Your body will be transformed as a result of the kriya; your mind and emotions will now be made calm and clear by directing the attention. You will sense and develop your quiet mind, your ability to concentrate and project.

The meditation is either silent or chanted, sometimes accompanied with music. It can last from five to eleven minutes in a beginner class; eleven to thirty-one minutes in an advanced class.

### 7. **Deep relaxation follows.**

It is just as important to relax as to exercise vigorously. The exercises and meditation will allow you to attain a deeper healing relaxation than usual. It is an antidote for stress. Let your body become light and beautiful. Let your mind become open and imaginative. Feel free and joyous.

### 8. **Class ends with a group projection.**

After raising our energy and spirits, we project that feeling to the whole world and to all those we love and care for. To do this we sing a song:

“May the long time sun shine upon you  
all love surround you  
and the pure light within you  
guide your way on.” SAT NAM

### **Mantras**

**SAT NAM** – Truth is my identity  
**WAHE GURU** – I am in ecstasy of the Indescribable Wisdom  
**ONG NAMO GURU DEV NAMO**  
- I bow to the Creator, to the Divine Teacher Within  
**SA TA NA MA** – Infinity, Life, Death, Rebirth  
**ONG SOHUNG**– I am Thou

**BREATH OF FIRE:** Breath of Fire is common in Kundalini Yoga. It is done by pumping the navel point in and out while breathing rapidly through the nose. On the exhale, the navel is pulled in. At first it is easier to focus on the exhale and start at a slow rhythm. You want to develop a rapid, equal and consistent breath. This breath strengthens the nervous system, purifies the blood and energizes the body. Think of a dog panting, and do this through the nose.

**MUL BANDH (ROOT LOCK):** This frequently used practice closes off the lower 3 chakras and allows the kundalini energy to rise. You do this by contracting the muscles of the rectum, the sex organs and the navel point – pulling in and up on the navel.