

⊙ KUNDALINI YOGA CLASS FORMAT & GUIDELINES ⊙

Kundalini Yoga is known as the yoga of angles and triangles. The use of angles in Kundalini Yoga postures, in combination with pranayama, mantras and mudras, is one of the main reasons that Kundalini Yoga works as quickly as it does. The angles put pressure on the glands to secrete. When a posture is released and the body is still, the glandular secretions that have been stimulated have an opportunity to circulate freely. The result is a balanced glandular system that has a definitive effect on your emotional stability through the chemistry of your body.

As a beginning Kundalini Yoga student, you should go at a pace that suits your flexibility and endurance. 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 per 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. Bring an exercise mat, small blanket or scarf or sheepskin to sit on if you desire. Also, a small pillow if you wish, to elevate your hips to allow you to sit comfortably for meditation.
- ⊙ It is very important to make sure you go to the bathroom before class, and NOT during. Getting up in the middle of class is very disrupting to you and the group energy.
- ⊙ Turn off cell phone, or better yet, leave it in the car, this is your time to relax!
- ⊙ It is also important to try to stay still and not fidget during class, i.e. drink water, stretch out, 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.
- ⊕ Class starts on time.
- ⊙ For this class, you may pick a word or phrase that means something to you, your own personal mantra, to be recited silently. It can be just a word, "love", or "peace". Something that opens you up to your Divine Teacher within. Or, if you feel comfortable reciting the mantra below. Remember, this class is for you, allow yourself the experience of developing a sacred space for you to relax.

The class "tunes-in" by reciting this mantra 3 times:

Ong ~ Infinite Creator
Namō ~ I call on that
Guru ~ Transforming Wisdom
Dev ~ Subtle Energy
Namō ~ I call on that energy

This translates 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.

- ⊙ 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 bases of these teachings.
- ⊙ Warm-up exercises for 5-15 minutes
- ⊙ 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.
- ⊙ 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 recited aloud, 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.
- ⊙ Deep relaxation follow. 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.
- ⊙ 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."

BREATH OF FIRE: This is a commonly used breath done 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. Eventually you want to have a rapid, equal and consistent breath. This breath strengthens the nervous system, purifies the blood and energizes the body.

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.

I welcome you with an open heart and I am humbled to be your teacher. To bring peace, harmony, love, and balance within YOU, is up to you, to keep it UP! God Bless You! Helen~Navdeep Kaur

COMMONLY ASKED QUESTIONS AND ANSWERS

Q. What does it mean to "tune in"?

A. Each Kundalini Yoga class begins with "tuning in" with the mantra Ong Nam Guru Dev Namoh. This sets and calms the mind to be open to guidance, and calls on the Masters of Kundalini Yoga through the ages for protection and guidance during the yoga practice. This is called the Golden Chain.

Q. What is "The Golden Chain"?

A. The Golden Chain is an energy that links students and teachers.

Q. What does Prana mean?

A. Prana means life force, or breath.

Q. Why does a Kundalini Yoga class always end with a closing song?

A. Every Kundalini Yoga class finishes with the song "Long Time sun." This song of blessing helps to ground you, integrate the benefits of the yoga and prepare you to resume the activities of everyday life.

Q. What is a mudra?

A. Mudra is a hand position.

Q. Why do we use mudras in Kundalini Yoga?

A. The ancient yogis mapped out the areas of the hand and identified the parts of the body or brain associated with each area. Each area of the hand also represents different emotions or behaviors, curling, crossing, stretching or touching the fingers or finger tips in specific configurations is a yogic technique for communicating with the body and mind.

Q. What does Asana mean?

A. Asana means yoga posture.

Q. What are mantras?

A. Mantras are sounds or words that control the mind. Man means mind and Tra is the wave or movement of the mind.

Q. Why do we recite mantras in Kundalini Yoga?

A. When you recite a mantra you have impact through its meaning, through its pattern of energy, through its time, and through the meridian points it pressurizes in the mouth. When recited correctly, a mantra will activate areas of the nervous system and brain and allow you to shift your state and the perceptual vision or energetic ability associated with it.