

Kundalini Yoga Muskoka **Susan Allen ~ Sat Akal Kaur**

*"Just as all rivers end up in the ocean,
All forms of yoga end up by raising the Kundalini,
The creative potential of the human being."*
Yogi Bhajan, Master of Kundalini Yoga

What is Kundalini Yoga?

Kundalini comes from the root "kundal" in Sanskrit, which means "the lock of the hair from the beloved." The uncoiling of this hair is the awakening of the Kundalini, the unlimited potential that already exists in every human.

Yoga is the science of the self, and Kundalini is the awakening of the self. Kundalini Yoga encompasses the eight limbs of Patanjali and all seven branches of yoga: Raja yoga, Hatha yoga, Karma yoga, Jana yoga, Mantra yoga, and Tantric yoga & Bhakti yoga. Kundalini Yoga, as taught by Yogi Bhajan, Master of Kundalini Yoga, is the ancient science of Yoga. It incorporates exercise, breath, meditation and sound current to help relax, strengthen and heal your body, mind and spirit. Kundalini Yoga is the "Yoga of Awareness" for families and people who deal with the stress and struggles of every day life. It gives you a clear mind, vitality and a healthy life through the self-discovery of your infinite creative potential or Kundalini energy.

Practicing Kundalini Yoga is energizing and elevating. It concentrates the pranic energy in the lower chakras (root, sex organs, and navel), raises it to the higher chakras (heart, throat, third eye, crown center), and then balances the chakras.

Benefits of Kundalini Yoga

- Increase energy and vitality, relaxing mind and body.
- Relief from stress, addiction, depression and insomnia.
- Helps heal back pain, sexual dysfunction and neurosis.
- Strengthens immune and nervous systems.

- Balances metabolism, digestion, weight control.
- Increases circulation and purifies the blood.
- Promotes muscle strength and flexibility.
- Anti-aging both mentally and physically.

Who can practice Kundalini Yoga?

Everyone and all ages can practice Kundalini Yoga. Regardless of your age or fitness level, you can feel and assimilate the benefits of this sacred science. Women who are pregnant and people with disabilities benefit greatly from Kundalini yoga, but should consult with your doctor or personal health care practitioner before making any significant modifications in your lifestyle. From your very first class, you will experience a feeling of wellbeing and happiness. With practice you will become more aware, radiant, youthful, Healthy, Happy and Holy.

What to Expect: Kundalini Yoga classes/workshops will include most of the following elements. Depending on the focus of the class and Kriya, some parts may be added, omitted or extended for maximum benefit

Greeting: "Sat Nam" is the "Bij" or seed mantra. It reinforces the divine consciousness in everyone. It is used as a greeting, anytime, anyplace. "Sat" means Truth, "Nam" means Identity - "Truth is my identity". This is used throughout the class to assist in focusing the mind on the breath.

"Sat Nam"

"Truth is my identity"

Tune-In: Each class begins with chanting the "Adi Mantra" to connect with our Divine Teacher within and receiving protection, guidance and healing.

"Ong Namō Guru Dev Namō"

Ong - Infinite Creative Energy, Primal Vibration from which all

creativity flows"

Namo - Reverent greetings implying humility

Guru - The giver of the technology, from the dark to the light

Dev – Divine

Next we chant, The Mangala Charan Mantra for protection.

"Ad Guray Nameh, Jugad Guray Nameh, Sat Guray Nameh, Siri Guru Devey Nameh"

"I bow to the primal Guru (guiding consciousness who takes us from darkness to light), I bow to wisdom through the ages, I bow to True Wisdom, I bow to the great, unseen wisdom."

Pranayama: Breathing exercises to still the mind and energize the body, mind and soul.

Warm-up Exercises: Increases the flexibility in the spine, opens the meridians to the flow of energy and prepares for the Kriya and Meditation.

Kriya: Is a set or sets of one or more postures and exercises that work toward a specific beneficial outcome. Includes the use of mantra, mudra, bandhas (body locks), pranayama and mental focus. There are thousands of Kriyas, all with different effects.

Relaxation and/or Gong Relaxation: Lying down and relaxing the entire body, we totally let go of control, which allows the body to fully receive the benefits from the Kriya we just practiced and prepare for meditation. There may be a Gong played for Relaxation. This can assist you to a deeper state while enhancing further assimilation of the Kriya and balancing the energy.

Meditation: Allows us to achieve a higher state of consciousness relieving chatter from our mind. There are thousands of meditations for specific purposes. Here is where the infinite can talk to you.

To end the class: Class ends by chanting the " The Long Time Sunshine Song" to close and bless the class with this positive affirmation

**"May the Long Time Sun Shine Upon You
All Love Surround You
And the Pure Light Within You
Guide Your Way On." ~ "Sat Nam "**

After Class: Yogi Tea is served, a time for community and sharing.

More Information:

www.3HO.org

www.spiritvoyage.com

(CDs, MP3's DVDs and books for Yoga)

Recommended Books:

The Flow of Eternal Power, By: Shakti Parwaha Kaur Khalsa

Kundalini Yoga, By: Shakta Kaur Khalsa

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