

Kundalini YOGA

Beginner's set



Kundalini Yoga is a dynamic blend of exercises, postures, breath and meditation to fulfill your need to improve, expand, refresh and rejuvenate in a fast paced world that is in constant change.

This easy and simple set is good for general well being and overall health and flexibility. It will help you develop resilience (the ability to bounce back from the demands of life), a half hour well worth it.

It is best not to force the yoga exercises, but let the exercises release the force from inside.

TUNE IN:

Sitting in Easy Pose (sukh-asan)



Hands palms pressed together in center of chest in "pranam mudra", eyes closed and rolled up to 3rd eye point (sambhavi mudra) focus on space between eyebrows.

...inhale deep and chant 3x

"ONG NAMO GURU DEV NAMO"

I bow to the Divine within

Guidelines: always breathe through your nose, mouth closed, as you inhale... think the sound "Sat" , as you exhale... think the sound "Nam".

The sound "Sat Nam" is a tool we use to keep our mind focused in the "Now", and on the flow of the breath. It connects you with your deep inner self, your essence as Truth (beyond pain, suffering, stress...).

Maintain your eyes closed, so as to internalize the energy , we usually dissipate outwards.

1. EASY POSE (sukhasana): To awaken the energy of the lower spine, hands grab knees, begin to rotate abdomen in a complete circle from the waist. (1 minute each direction, clockwise then counter-clockwise.) ...relax sitting in stillness



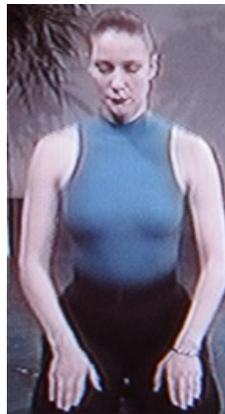
2. CAMEL RIDE: E.P., with your hands grab your shins, flex lower spine forward ... as you inhale exhale as you flex back... smooth flow tilting the pelvis (1 minute)... relax and feel how you feel.



3. *SPINAL TWISTING (active):* Hands on the shoulders, fingers in front, thumbs in back... inhale twist to the right side from waist, exhale as you twist to the left side, in a continuous flowing motion from the waist to top of head...(1 min.) Re-center to sitting still and breathe softly from abdomen.



4. *SPINE FLEX in Rock Pose (vajrasana):* on your heels... same movement as Camel Ride but sitting on one's heels. Ride the rhythm. (1 min.)



5. *RELAX* deeply on your back in Shavasana (Corpse pose) (1 min.)... let energy re-balance



6. *ROCK ON SPINE: (always on soft surface) Wrap your arms around your knees... just like a rocking chair ... keep your back rounded for a complete spinal massage (3-5 X)*



INhale back



EXhale forward

7. *CAT-COW Exercise: On your hands and knees (open hip wide) ... Focus on smooth flow from one pose to the other..... until it becomes one exercise ...start slowly at first and increase speed gradually. When done faster, it is a good introduction to Breath of Fire. Move the entire spine. One of the best exercise for Shushumna. (1-2 min.)*



INhale Cow



EXhale CAT

8. *RELAX in ROCK POSE (Vajrasana) (1 min.) ...keep your awareness on the breath.*



9. *FROG POSE*: Come squatting on the balls of the feet, heels touching, knees apart. Inhale straightening the legs, head down, exhale back down knees folded, head up. Keep the arms straight, fingertips touching the ground throughout movement. (1-2 min.)



STARTING POSE



Inhale UP



Exhale Down

10. *RELAX IN ROCK POSE* (30 sec.) (same as #8)

11. *SEX-NERVE STRETCH*: Sitting with legs spread wide apart. inhale up center and exhale down to each side, forehead towards knees. Gradually stretch further down. (1-2 min.)

(Sex nerve runs on the inside of both inner thighs)



12 DEEP RELAXATION in CORPSE POSE (10 min.)...Let the breath and heartbeat settle down...let all tension from your body sink into the floor ... Release...Relax...Float in the Bliss...



13. Slowly return, rub hands and feet , rock on spine a few times and come sitting up.

14. EGO ERADICATOR: To Recharge your Aura...Easy Pose arms 60 degrees thumbs straight up fingers on mounds , begin Breath of Fire (Bellows Breath/Agni Pranayam) (1-2 min.) (BOF is a rapid rhythmic breath through the nose, equal inhale and exhale, movement of navel is in and out with the breath).

Inhale and stretch the arms up , touching tips of thumbs together above the head, exhale and release the pose, bring the arms down, wrists resting on the knees in gyan mudra (tip of index fingers touching tip of thumbs, forming circle, fingers straight)



15. *MEDITATE* (establish yourself in your your own infinity...) (5-10 min.)



*May the longtime sunshine upon you
all Love surround you
and the Pure Light within you
guide your way on...*

Kundalini Yoga exercises for the Chakras (energy centers)

First Center - Muladhara Chakra

LOCATION: The anus / perineum area

ORGAN/GLAND: Organs of elimination.

Kundalini YOGA EXERCISES: Crow Pose, Sufi Grind, Body Drops, Frog Pose, Mulbandh, forward Stretching exercises.

Second Center - Svadisthana Chakra

LOCATION: The sexual organs.

ORGAN/GLAND: Sexual organs, reproductive glands, kidneys, bladder.

Kundalini YOGA EXERCISES: Frog Pose, Cobra Pose, Sex-Nerve stretch/Butterfly, Sat Kriya, Cat-Cow, Maha Mudra, Pelvic Lifts, Celibate Pose.

Third Center - Manipura Chakra (Nabhi)

LOCATION: the navel point, solar plexus.

ORGAN/GLAND: Navel plexus, liver, gall bladder, spleen, digestive organs, pancreas, adrenals.

Kundalini YOGA EXERCISES: Stretch Pose, Sat Kriya, Peacock Pose, Bow Pose, Fish Pose, Uddiyana bandha, Breath of Fire.

Fourth Center - Anahata Chakra

LOCATION: Center of chest between nipples (Mind Nerve)

ORGAN/GLAND: Heart, lungs, thymus gland.

Kundalini YOGA EXERCISES: Ego Eradicator, Pranam Mudra, Camel pose, Yoga Mudra, Bear Grip, Baby Pose. Arm exercises, pranayams.

Fifth Center - Vishuddha Chakra

LOCATION: The throat.

ORGAN/GLAND: cervical vertebrae, thyroid / parathyroid gland

Kundalini YOGA EXERCISES: All chanting. Shoulder Stand, Cobra Pose, Plow Pose, Camel Pose, Cat-Cow, Neck Rolls, Neck Lock, nose between knees, Yoga Mudra.

Sixth Center - Ajna Chakra (Ajnya Chakra)

LOCATION: Between the eyebrows (root of nose)

ORGAN/GLAND: Brain; pituitary gland

Kundalini YOGA EXERCISES: Sambhavi mudra, Kirtan Kriya, Yoga Mudra, Tree Pose, Toe lock.

Seventh Center - Sahasrara Chakra (Shashara/Thousand petalled lotus)

LOCATION: Crown of the head.

ORGAN/GLAND: Brain; pineal gland

Kundalini yoga exercises: Mahabandha, Sat Kriya, janu-sirshasana (w/Toe lock).

Eight center: Aura

Location: (circumvent force/magnetic field that surrounds our body) Not generally recognized in yoga texts.

Kundalini YOGA EXERCISES: Ego Eradicator, Sarvang Dande Kriya , Archer Pose, martial arts, Long Chant, meditation/simran. Wearing white clothes.

"Our Creator has created us by providing us with a coiled energy in us and sages have given us the method to uncoil it. Now is the time to learn and practice it."



YOGI BHAJAN (1929-2004)

Reference:

Kundalini Yoga for Mind, Body and Beyond...Ravi Singh (Frog Poses photo P.36)

Ajnasingh's notes

Ravi Singh's yoga class

Bead of Truth #11

Sadhana Guidelines

Hatha Yoga... Theos Bernard

Yogasana Vijnana... Dhirendra Brahmachari

Kundalini Yoga...Swami Sivananda

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