



## Welcome to Kundalini Yoga

Kundalini Yoga is a powerful and transformative practice that combines physical postures, breathing techniques, meditation, and mantra to awaken your inner energy and potential.

## What to Expect in Class

- Dynamic breathing exercises (pranayama)
- Physical postures and movement (asana)
- Meditation and mindfulness practices
- Chanting of mantras
- Relaxation

## Key Elements of Kundalini Yoga

1. Breath of Fire: A rapid, rhythmic breath through the nose that energizes and cleanses.
2. Mudras: Hand positions that direct energy flow.
3. Bandhas: Body locks used to contain and direct energy.
4. Kriyas: Specific sets of exercises performed in sequence.
5. Mantras: Sacred sounds or phrases repeated during practice. "Ong Namo Guru Dev Namo" (I bow to the Divine wisdom of all that is, I bow to the Divine teacher within), "Sat Nam!" (Truth is my identity)

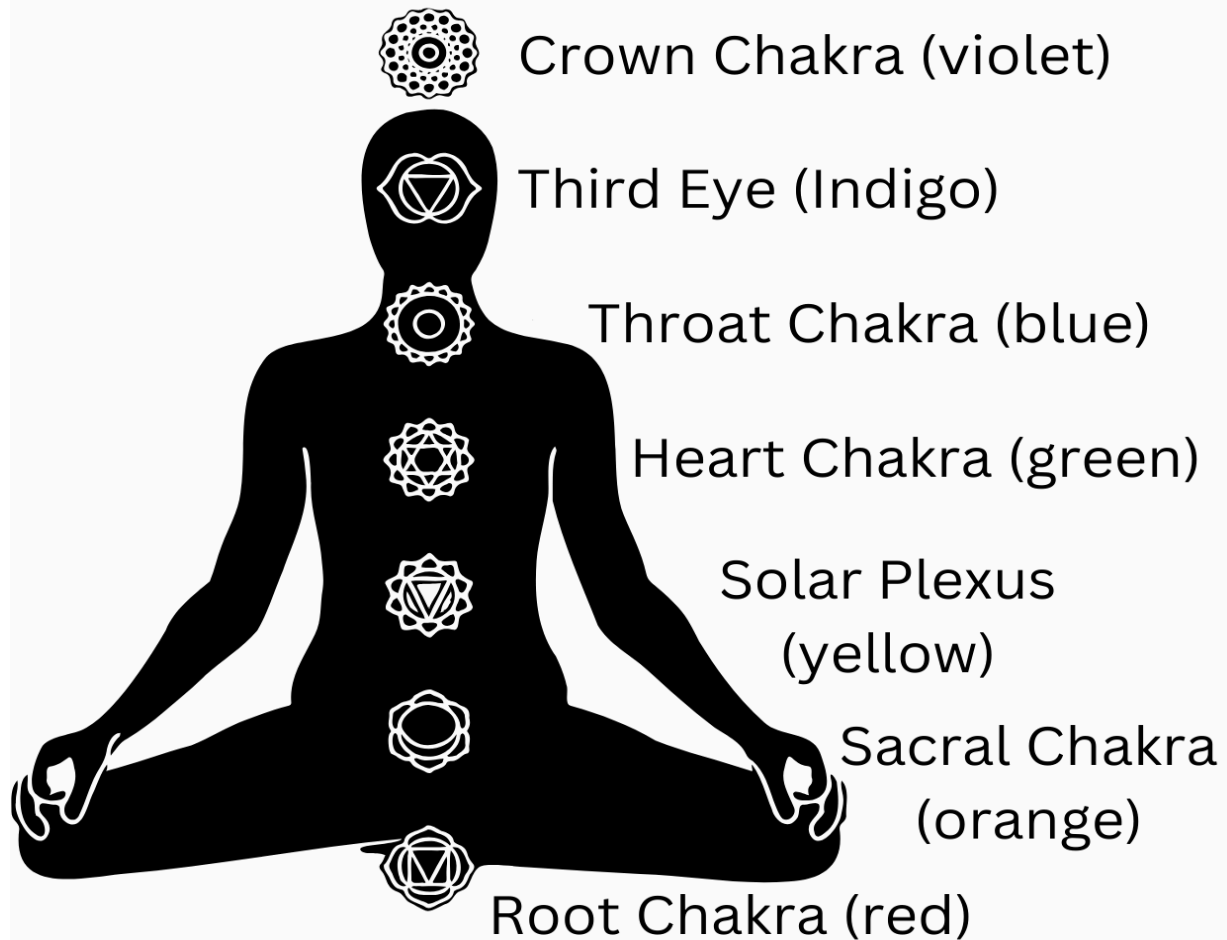
## Benefits of Regular Practice

- Increased vitality and energy
- Improved mental clarity and focus
- Reduced stress and anxiety
- Enhanced intuition and creativity
- Strengthened immune system
- Greater emotional balance

## Remember

Kundalini Yoga is about your personal experience. There's no need to compare yourself to others. Focus on your breath, stay present, and enjoy the journey of self-discovery.

"The primary objective of Kundalini Yoga is to awaken the full potential of human awareness in each individual; that is, recognize our awareness, refine that awareness, and expand that awareness to our unlimited Self." - Yogi Bhajan



**Root Chakra** - Base of the spine - Survival, Trust, Grounding - "I am safe" - Red/Brown  
**Sacral Chakra** - Lower stomach/pelvis - Sexual, Creativity, Abundance - "I feel" - Orange  
**Solar Plexus** - Belly button - Power, Vitality, Manifestation - "I am strong" - Yellow  
**Heart Chakra** - Center of the chest - Love, Healing, Acceptance - "I am loved" - Green/Pink  
**Throat Chakra** - Throat - Expression, Communication - "I speak my truth" - Azure Blue  
**Third Eye** - Center of the forehead - Awareness, Intuition, Thought - "I see" - Indigo  
**Crown Chakra** - Top of the head - Spirituality, Enlightenment - "I understand" - White/Violet

**Closing Mantra** - "Long Time Sun" - "May the long time sun shine upon you," "All love surround you," "The pure light within you guide your way on."

It is my gratitude and honor to hold space for you and encourage you towards enlightenment. Scan here for more Kundalini Yoga resources. Many blessings to you, Sat Nam!

