



KUNDALINI YOGA & MEDITATION CLASS

12th May 2019 at Yoga op 't Schouwburgplein

By Emmely Jacobs

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Thank you so much for joining me into co-creating this beautiful class at Yoga op 't Schouwburgplein. It was a pleasure to have you and I hope we soon meet again!

Below you will find the 4 basic Kundalini mantras, followed by the official Kundalini yoga class (of 12th May 2019) “Kriya for Awakening to your Ten Bodies” as taught by Yogi Bhajan.

Before doing any class, please tune in with the Adi mantra (the Mangala Charran mantra is optional). Finish your class by chanting 1 or 3 times “Sat Nam” (the blessings mantra is optional).

Enjoy!

Emmely x

Used at the beginning of the class to “tune in”:

Adi Mantra:

Ong Namō Guru Dev Namō (chanted 3x)

Meaning:

I bow to the Creative Wisdom, I bow to the Divine Teacher within.

→ It's a state of consciousness that is the link between you as a finite personality and you as a flow of the Infinite Consciousness that guides the Kundalini energy.

Optional:

Mangala Charran Mantra:

Aad Guray Nameh, Jugaad Guray Nameh, Sat Guray Nameh, Siri Guru Dayvay Nameh
(chanted 3x)

Meaning:

I bow to the primal wisdom. I bow to the Wisdom through the Ages. I bow to the True Wisdom. I bow to the great, unseen Wisdom.

→ As you chant, imagine your magnetic field surrounded with protective light (on your right/back/left/in front), and the clouds of doubt are cleared away. It's used as a protection, to gain clarity, and to receive guidance from one's highest Self.

Blessings mantra used at the end of the class as a “closing prayer” (optional):

Mantra:

May the long time sun shine upon you, all love surround you, and the pure light within you, guide your way on!

Meaning:

You, Divine One, have become my refuge. Truth is Your support, Great Creative Infinite.

→ It's use as a closing prayer to send a prayer out for everyone around you, a farewell blessing.

Used in some exercises, in some music, and at the end to “tune out”:

Mantra:

Sat Nam

Meaning:

Truth is my identity!

KRIYA FOR AWAKENING TO YOUR TEN BODIES

The Ten Bodies are: Soul Body, Negative Mind, Positive Mind, Neutral Mind, Physical Body, Arc Line, Auric Body, Pranic Body, Subtle Body, Radiant Body.



1. Stretch Pose (1 min to 3 min)

Lie on the back with the arms at your sides. Raise the head and the legs six inches, and the hands six inches with the palms facing each other slightly over the hips to build energy across the Navel Point. Point the toes, keep your eyes focused on the tips of the toes and do Breath of Fire.



2. Nose to Knees (1 min to 3 min)

Bring the knees to the chest, with the arms wrapped around the knees. Tuck the nose between the knees, and begin Breath of Fire.



3. Ego Eradicator (1 min to 3 min)

Sit in Celibate Pose or Easy Pose. Raise the arms to a 60 degree angle. Curl the fingertips onto the pads at the base of the fingers. Plug the thumbs into the sky. With eyes closed, concentrate above the head, and do Breath of Fire. To End, inhale, touch the thumb tips together overhead. Exhale and apply mulbandh. Inhale and relax.



4. Life Nerve Stretch, Alternating (1 min to 3 min)

Sit with the legs stretched wide apart. With arms overhead, inhale. Then exhale, stretch down and grab the toes of the left foot. Inhale, come straight up; then exhale and stretch down over the right leg and grab the toes. Continue alternating.



5. Life Nerve Stretch, Center (1 min to 3 min)

Continue to sit with the legs stretched wide apart. Hold onto the toes of both feet, exhale as you stretch down bringing the forehead to the floor, then inhale as you come sitting up.



6. Spine Flex, Easy Pose (1 min to 3 min)

Sit in Easy Pose. Grab the shins in front with both hands. Inhale. Flex the spine forward and rock forward on buttocks. Then exhale, flex the spine backwards and roll back on buttocks. Keep the head level and arms fairly straight and relaxed.



7. Spine Flex, Rock Pose (1 min to 3 min)

Sit on the heels. Place the hands flat on the thighs. Flex the spine forward on the inhale, backward on the exhale. Focus at the Third Eye Point.



8. Spine Twists (1 min to 3 min)

Still on the heels, grasp the shoulders with the fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Keep the elbows high, and parallel to the floor. (Do not reverse.)



9. Elbow Lifts (1 min to 3 min)

Grasp the shoulders as in the previous exercise. Inhale and raise the elbows up so that the backs of the wrists touch behind the neck. Exhale and lower the elbows to shoulder height, and repeat.



10. Arm Pumps (1 min to 3 min)

Interlace the fingers in Venus lock. Inhale and stretch the arms up over the head, then exhale and bring the hands back to the lap.



11. Alternate Shoulder Shrugs (1 min each)

Sit in Easy Pose with the hands resting on the knees. Inhale and shrug the left shoulder up. Exhale and raise the right shoulder up as you lower the left shoulder (1 min). Reverse the breath so that you inhale as you shrug the right shoulder up, exhale as you shrug the left shoulder and lower the right shoulder (1 min).



12. Shoulder Shrugs (1 min)

Inhale and shrug both shoulders up, exhale down.



13. Neck Turns (1 min each)

Remain sitting in Easy Pose with the hands on the knees. Inhale and turn your head to the left, and exhale and turn it to the right, like shaking your head "no." Continue (1 min). Then reverse your breath, so that you inhale and turn to the right; exhale and turn to the left. Continue (1 min). To End, inhale deeply, concentrate at the Third Eye, and slowly exhale.



14. Frog Pose (26 to 54 reps)

Squat down so the buttocks are on the heels. The heels are touching and off the ground. Put the fingertips on the ground between the knees. Keep the head up. Inhale, straighten the legs, keeping the fingers on the ground, head comes down. Exhale and come back squatting down, face forward. The inhale and exhale should be strong. Continue this cycle.



15. Relaxation (3 min to 5 min)

Deeply relax on the back.



If you want: Laya Yoga Meditation (11 min to 31 min)

Sit in Easy Pose with the hands on the knees in Gyan Mudra (thumb and index finger together.) Chant *Ek Ong Kaar(uh) Sa Ta Na Ma(uh) Siree Wha(uh) Hay Guroo*. On *Ek* pull the navel. On each final "uh" lift the diaphragm up firmly. The "uh" sound is more of a powerful movement of the diaphragm than a pronounced purposeful projected sound. Relax the navel and abdomen on *Hay Guroo*. This is a 3-1/2 cycle meditation. With the breath, visualize the sound spiraling up from the base of the spine to the top of the head in three and one half circles.

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