



NEW STUDENT INFORMATION

Kundalini Yoga & Meditation, as taught by Yogi Bhajan, is a dynamic blend of postures (asana), breathing (pranayam), mantra & relaxation techniques designed to help increase flexibility, energy and peace of mind. The positive effects of Kundalini Yoga can be experienced in a matter of minutes.

Each class includes a tune-in mantra, gentle warm-up exercises, a Kriya (set of exercises with a specific purpose/result), deep relaxation and meditation. Kundalini Yoga is appropriate for any level of yoga student: each class is as gentle or as challenging as you decide it to be. In every class, the guiding rule is to do what you can, today – without judgement or criticism, learning to accept your body as it is in each moment.

“Yoga is about self-acceptance, self development is a by product” Gurmukh Kaur

Tuning In: Ong Namō Guru Dev Namō

This mantra, or chant, is used to harmonise the class energy, to acknowledge and connect with teachers of truth throughout time, and to acknowledge the teacher within each of us.

Ong Namō means “I call on the infinite creative consciousness”
Guru Dev Namō means “I call on the divine teacher/universal wisdom”

The mantra is repeated 3 times, one breath per repetition. The vibration in the upper palate and throat is constant, with the movement of the mouth altering the sound. “Dev” is pronounced “Dave” and is chanted slightly higher than the other words. The vibration is the essence of the tune-in, thus it is not translated to English.

Sat Nam: literally translates as “I am truth” or “Truth is my identity”. In the Kundalini Yoga tradition, it is also used as a greeting, a farewell & thank you.

Throughout each Kundalini class you will be reminded to use this ‘Bij Mantra’ or seed mantra, with the breath – mentally inhaling SAT, exhaling NAM.

Breathing in class is through the nose, unless instructed otherwise. Deep conscious breathing is encouraged, ensuring the belly expands with each inhale, and contracts with each exhale.

Many adults ‘inverse breathe’ (belly contracts with the inhale) which results in constant shallow breathing. This is similar to driving your car around in first gear all the time – not energy efficient at all. Getting your breathing right is a priority – in itself this will reduce stress levels, improve concentration, memory, sleep, and enable all the other systems in your body to work more efficiently.



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Breath of Fire is used consistently throughout Kundalini Yoga kriyas. Breath of Fire is a rapid diaphragm controlled breath – ultimately at a rate of 2 to 3 breaths per second.

Initially the focus is on the ‘Nabhi’ which is located 3cm below the belly button, this area is pumped like a bellows to push the air out of the lungs (and contract the diaphragm upwards) and is relaxed to allow the lungs to re-inflate. When starting Breath of Fire it is advised to begin at a slow pace, gradually increasing the speed of the abdominal contraction and relaxation, and bringing your awareness up to the diaphragm movement. Once you ‘have it’ you will be able to ‘breathe’ in this way for long periods of time with little effort or thought, and you will feel the breath hitting the rear of the mouth’s roof on each exhalation.

Benefits of Breath of Fire:

- 🕒 cleanses the blood, the mucous linings of the lungs and all the cells
- 🕒 expands lung capacity
- 🕒 strengthens all 72,000 nerves in the body
- 🕒 warms the body and activates the brain. Studies have shown that Breath of Fire increases oxygen delivery to the brain, rejuvenating the brain’s neurons.
- 🕒 adding Breath of Fire to an exercise significantly shortens the time required to reach the desired effect

The Sun Song is used to close each class. It is sung three times through – once to bless ourselves, once to bless our loved ones, and the third time to bless the entire world.

May the long time sun shine upon you
All love surround you
And the pure light within you
Guide your way on, guide your way on.

Yogi Tea is served at the conclusion of each class to encourage a sense of community among students. It also helps to ground you before returning to ‘the regular world’.

The tea is homemade from organic ingredients – fresh ginger, cardamon pods, cinnamon quills, whole cloves and black peppercorns. It is brewed with Rooibos tea (naturally caffeine free) and sweetened with organic honey and vanilla soy milk.

Please advise us if any of these ingredients pose a problem for you.