



**International School of Kundalini Yoga**  
34 Culver Road Newbury Berkshire RG14 7AR  
Telephone : 01635 523900 E-mail : [admin@i-sky.net](mailto:admin@i-sky.net)

## BEGINNERS INFORMATION

YOU retain responsibility for your own health. Ensure your body is properly warmed up before taking part in any exercise class. Do not try to push your body too far too soon. Inform your teacher of any old or current physical weakness you may have or if you are pregnant or starting a new menstrual cycle (powerful breath of fire or body inversions are not recommended at these times). If you are uncertain about an exercise ask your teacher about an easier variation.

**BREATHING.** Correct breathing is the basis of yoga practice. Unless otherwise instructed the breath is always in and out of the nose. The Complete Breath begins with the exhale, as the diaphragm rises, the navel is pulled in and as the air is expelled from the lungs the chest falls. The inhale begins as the diaphragm drops and the navel is pushed forward by the incoming air; as the bottom of the lungs fill, the chest begins to rise. Long Deep Breathing using this breath promotes relaxation. Stimulation is created by the Breath of Fire increasing the pace to 2 to 3 breaths per second and focussing upon the pumping of the navel.

**WARM UPS** are recommended before any physical exercise and you should choose which are best for you. The following are suggested as a minimum. **SPINAL FLEX** a) Sit cross legged, grasp the ankles with both hands, inhale deeply and arch the spine forward, exhale and arch the spine backward. Try to keep the head relatively still. b) Sit on heels (kneeling) and repeat the camel ride. **CAT COW** On hands and knees (hips width apart) inhale and arch the spine down as you raise the head up like a cow then exhale lowering the head and arching the spine up like an angry cat. Start slowly and increase the speed with powerful breathing. **LIFE NERVE STRETCH** Pull the left heel into the groin, stretch out over the extended right leg and hold onto the knees, ankles or toes (depending on how flexible you are). Inhale the trunk up (without letting go of the hands) and exhale down bending the elbows to

encourage maximum movement. Change legs and repeat.

**TUNING IN.** Before a Kundalini Yoga class we chant the Adi Mantra to stimulate the Pituitary gland and to tune into our own higher consciousness. Sit comfortably with a straight spine. Centre yourself with long deep breathing. Place the palms together at the centre of the chest in Prayer Mudra (base of the thumbs pressing against the sternum, fingers angled slightly forward). Inhale, focus at the centre of the brow and chant *ONG NAMO* feeling the sound vibrating in the centre of the head and exhaling all the breath. Take a half breath in and chant *GURU DEV NAMO* raising the tone slightly for dev only. Repeat, 3 times in all. The Adi Mantra may be translated as, *'I call on the infinite creative consciousness. I call upon the divine wisdom'*

The Mangalacharan Mantra may then be chanted to create a protective space within which to work. It is chanted on a monotone. *AAD GURAY NAMEY, JUGAAD GURAY NAMEH, SAT GURAY NAMEH, SIREE GURU DAY VAY NAMEH.* It may be translated as : *'I bow to the Guru (the creative consciousness that guides one to realisation). I bow to the Truth that has existed through the ages. I bow to the True Guru. I bow to the Great Transparent Guru (the truth that is beyond comprehension).*

**THE KRIYA** (the sequence of activities that make up the Kundalini Yoga class) will be explained by the teacher. The sets, pranayamas (breathing exercises) and meditations in Kundalini Yoga are tremendously varied and extremely rewarding. Beneficial effects are felt quickly, sometimes immediately. Follow the directions precisely and do as much as you can for as long as you can. If you cannot do the exercise the whole time, do as much as you can, next time you will be able to do more. During each exercise focus at the brow point unless otherwise instructed and at the end of the exercise hold the position and



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inhale. Apply Mul Bhand (squeezing the anus and tightening the sex organ directing the subtle energy up the spine). Then relax for a moment, centre and observe the effect.

RELAXATION is a vital part of the process. It is imperative that after the energy that has been released during the set you take time to settle into a new equilibrium. Relax upon the back, legs extended, heels together, toes turned out, and hands by the sides palms turned up. Long deep breathing. Let the spine align to the earth and be supported by it and let the consciousness float.

GROUNDING is the process of returning to an every day level of awareness after a deep relaxation.

1. Becoming aware of the breath
2. Moving the fingers and toes
3. Circling the wrists and ankles
4. CAT STRETCH keeping both shoulders on the ground, stretch the left arm along the floor at right angles to the body and bend the right knee to the chest, as you breathe out bring the bent right leg across the outstretched left leg onto the floor. Repeat for the other side.
5. Hands and feet in the air, rub the palms of the hands and the soles of the feet together.
6. Clasp the knees to the chest, round the spine and rock up and down the spine.

CONCLUSION. Sit crossed legged, spine straight in Easy Pose, hands in Prayer Mudra at the Heart Centre. Eyes are closed, Inhale and give thanks. Exhale. SING: *MAY THE LONG TIME SUN SHINE UPON YOU, ALL LOVE SURROUND YOU, AND THE PURE LIGHT WITHIN YOU, GUIDE YOUR WAY ON...*

CHANT the Bij Mantra 3 times, Nam to the count of 1. The sound resonates within the head, the spine and throughout consciousness.

Sat Nam is a universal mantra, it is the sound embodiment of Truth. *Sat* the reality of what exists, *Nam* the vibration that creates what it names. Truth is my real identity.

FIRST STEPS TO SADHANA (your early morning spiritual practice). Before you wake in the morning your mind gives you a signal to wake. At that signal turn onto your back with your eyes still closed.

1. Cup the palms over the eyes and open the eyes looking into the palms as you slowly raise them 18 inches
2. Stretch the legs down, the arms over the head and arch like a cat.
3. Raise the ankles, head and hands 6 inches off the ground and hold for 1 minute with long deep breathing, arms and legs straight, fingers pointed and eyes fixed on the toes
4. Relax for 2 minutes
5. Hold the knees to the chest with the head between the knees for 2 minutes and then rock up and down the spine for 1 minute
6. Sitting in Easy Pose in Gyan Mudra (thumb and first finger touching) take 26 long, deep, complete breaths.
7. Bend the fingertips onto the pads at the base of each finger, raise the straight arms at 60 degrees to the horizontal with thumbs vertical. Breath of Fire for 2 minutes. Inhale and slowly bring the thumb tips together as high above the crown as you can. Exhale opening the fingers like claws and sweeping the arms down through the aura releasing spent energy into the earth...
8. Feel great.