

### Weekend 3 Questions for students

#### Chapter 9/ 28 – Form, Alignment and Bandhas.

1) How would you teach the Bhandas?

#### Chapter 22 – Identity of a Kundalini Yoga Teacher

1) There are 2 Laws for the Kundalini Yoga Teacher

Law of Deliverance: Deliver the student to the Infinite, not to you.

Law of Sustenance: Keep Up!!

What do these mean to you?

2) There are 4 Chambers of a Teachers Heart

Pumps out information.

Pumps out blessings.

Receives all the faculty of negativity.

Cleanses negativity.

What does this actually mean to you?

3) What for you is the difference between an Instructor and a practitioner?

4) Obey, serve, love, excel

Think about the last 3 weekends at Ufton, how have the above manifested?

5) With regard to Seva, selfless service, did you:

a) Carry out seva with love in your heart?

b) Carry out seva but grudgingly, wishing you could carry on talking to friends?

c) Become an opter outer whenever possible?

d) Carry out seva over and above what was requested?

6) The question is, said Yogi Bhajan, on what level do you want to enjoy life?

#### Chapter 23 – Roles and Responsibilities in a Class Settings

1) Design a class around the class structure:

Tune In – Adi Mantra

Pranayam and/ or appropriate Warm-Up Kriya if needed.

Kriya

Relaxation

Meditation

End Prayer (Sunshine Song) and Long Sat Nams.

2) Give 4 examples of the benefits of Kundalini Yoga which can be explained during a class?

3) Create and write down for the future your own Personal Sample Disclaimer.

6) Write out The Teachers Oath and what it means for you.

7) Write down the Prayer of the Teacher for yourself to remember.

8) What does becoming a Forklift personally mean to you?

#### Chapter 10 – Relaxation

1) Give 4 examples of how relaxation serves the body when it is in this state?

2) How would you use the 5 steps for coming out of relaxation?

3) Create your own Guided Relaxation