



Kundalini Yoga

What to expect in the classes

Common mantras

SAT NAM

Sat – truth, Nam – identity

Used as a greeting and in many of the kriyas

ONG NAMO GURU DEV NAMO

Adi Mantra. We 'tune in' with this mantra at the beginning of each class.

The meaning is:

Ong – creator, Namu – reverent greetings, Guru – “giver of the technique” (Gu – darkness, Ru – light, ie bringing light to the darkness), Dev – transparent (non-physical)

AD GURAY NAMEH, JUGAD GURAY NAMEH, SAT GURAY NAMEH, SIRI GURU DEVAY NAMEH

Heart protection mantra. Sometimes we say this after the Adi Mantra at the start of the class.

The meaning is:

Hail to the primal light, Hail to the light throughout the ages,
Hail to the true light, Hail to the transparent light.

Blessing song

We sing this blessing song at the end of the class.

MAY THE LONG-TIME SUN SHINE UPON YOU

ALL LOVE SURROUND YOU

AND THE PURE LIGHT WITHIN YOU

GUIDE YOUR WAY ON

General guidelines

Use common sense and stay within your limitations. Rest any time you need to and return to the posture when ready.

If you have a medical issue, consult your doctor and let your Kundalini Yoga teacher know before you commence classes.

- Wait approximately two hours after eating before doing Kundalini Yoga
- White clothing and head covering is recommended. Use natural fibres if possible.
- It's best to practise Kundalini Yoga in bare feet
- Breathe through the nose unless otherwise directed
- Relax briefly after each exercise unless otherwise specified
- For women. During the heaviest part of menstruation avoid strenuous yoga. In particular, do not do the following:
 - 'Full' breath of fire (A light breath of fire can be OK, if you are already experienced)
 - Mulhbandha
 - Bow pose
 - Sat Kriya (breath of fire)
 - Camel pose
 - Locust pose
 - Strenuous leg lifts
 - All inverted postures

This also applies after the 120th day of pregnancy. Also, if pregnant, obtain medical advice before undertaking Kundalini Yoga, and avoid Venus Kriyas (which are done with a partner). A light breath of fire is OK in the first three months, subject to medical approval.

- If the gong is used (usually during the relaxation session), wait half an hour before drinking water
- The times for each part of the kriya are specific, and it is best to adhere to the times prescribed if you do Kundalini Yoga at home. The times can be decreased proportionally if desired but not increased.
- Avoid drugs and alcohol when practising Kundalini Yoga
- Kundalini Yoga is an ancient tradition. While some scientific studies have been carried out and more are planned, we make no claims about it being scientifically validated.