



# Kundalini Yoga

*as taught by Yogi Bhajan*

**Every Sunday, 14h00 till 17h00** **Advance Booking Only**

- **Kundalini Yoga: Kundalini raising and its origin**
- **Breathing Techniques (Pranayama): Theory and Practice**
- **The Bandas: Theory and Practice**
- **Asanas: The science of Angles and Triangles**
- **Meditation: The 3<sup>rd</sup> eye and its opening**
- **Yogique Anatomy: The 8 Chakras and 3 Nadis**
- **Mantras: How to unleash their power**
- **Precautions, Preparation and Protection**
- **Full Kundalini Yoga set, Relaxation and Meditation**

*Your instructor has learned the techniques from Yogi Bhajan, instruct Kundalini Yoga classes in various countries since 1983 and has 18 years experience as Holistic Health practitioner.*

**Booking:** At Loi Kroh School **OR** via email and Paypal by contacting [aquariushealth@fastmail.fm](mailto:aquariushealth@fastmail.fm)

**Fee:** 600 baht **Prepaid advance booking**

**What to bring:** Comfortable clothing. White cotton is recommended if you have. A bottle of water. Yoga mat are supplied.

LOI KROH TRADITIONAL THAI MASSAGE & YOGA  
Open: from Monday to Saturday 9:00 – 18:00. On Sunday 14:00 – 17:00.  
1/3 Loikroh road, Soi 3, T. Changklan A. Muang, Chiang Mai 50100 THAILAND  
[www.loikrohmassage.com](http://www.loikrohmassage.com)



Thai Healing Alliance International



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## FAQ



### How do you describe Kundalini Yoga?

Kundalini Yoga as taught by Yogi Bhajan is also known as the Yoga of Awareness; its focus is on self-awareness and delivering an experience of your highest consciousness. It is a science of the mind and body, to elevate the spirit, which has no boundaries nor discrimination. Therefore it is for everyone, universal and nondenominational.

Kundalini Yoga as taught by Yogi Bhajan is a householder path; it has always been practiced by those with families and jobs as opposed to a renunciate's path of celibacy and removal from society, which was the usual path of a yogi.

### What is the focus of Kundalini Yoga? What is the primary objective of the practice?

The primary objective is to awaken the full potential of human awareness in each individual; that is, recognize our awareness, refine that awareness, and expand that awareness to our unlimited Self. Clear any inner duality, create the power to deeply listen, cultivate inner stillness, and prosper and deliver excellence in all that we do.

The focus of Kundalini Yoga as taught by Yogi Bhajan is on one's personal experience and awareness through the practice of kriya and naad. We awaken the kundalini in order to be able to call upon the full potential of the nervous and glandular systems and to balance the subtle system of chakras and meridians within the body. "Kriya" is an orchestrated pattern of movements, sound, pranayam, mudras, concentration and meditation that automatically guide the energies of the body and the mind to a specific result or change of consciousness.

Kundalini Yoga as taught by Yogi Bhajan does not rely on any one of these techniques per se, although we use many. Instead, it is the unique and tested syntax, within the structure of each kriya as shared by Yogi Bhajan, which provides steady, predictable progress and which leverages these basic functions of the body and the mind to create rapid, sustainable, personal growth and healing. In this tradition, meditation is not considered separate from asana or yoga; it is integral to the practice. The exercises in the kriya bring the body and mind to a state where deep meditation is easily achieved.

Our fundamental objective is to awaken the power of the individual to excel - to experience their Infinity and fulfill their personal destiny.

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### How would you describe a typical Kundalini Yoga class?

Kundalini Yoga as taught by Yogi Bhajan is probably the most formalized style of yoga currently taught throughout the world. In any class, anywhere in the world, you can expect it to include six major components:

1) tuning-in with the Adi Mantra, 2) pranayam or warm-up, 3) kriya, 4) relaxation, 5) meditation and 6) close with the blessing song, “May the Long Time Sun Shine Upon You”.

Kriyas are complete sets of exercises that are performed in the sequences given by the Master, Yogi Bhajan. They can be simple short sequences or they may involve vigorous, even strenuous exercises, and strong breath techniques such as Breath of Fire, which challenge and strengthen the nervous and endocrine systems and test the will of the practitioner beyond the limitations of their ego.

The typical class is 60-90 minutes: 5-10 minute warm-up, 30-45 minute kriya, 5-15 minute relaxation, 11-31 minutes of meditation.

Kundalini Yoga as taught by Yogi Bhajan typically includes pranayam and meditation. Pranayam practices range from One Minute Breath, Breath of Fire, alternate nostril breathing, Dog Breath, Sitali Pranayam, and suspended breath techniques, to name a few. Meditations often involve movement or mantra, and generally have an eye focus (drishti) in addition to mudra (hand position) and asana (body posture).

Many Kundalini Yoga as taught by Yogi Bhajan kriyas and meditations include mantra and chanting. One of the first signs of the awakening of the kundalini is a new awareness of the power of our words. You begin to meditate on and develop inner sounds using mantra and naad. Kundalini Yoga was often mistaken for Mantra Yoga because of its frequent integration of sound in its kriyas and meditations. The use of mantra throughout the practice of Kundalini Yoga as taught by Yogi Bhajan is very effective in attaining two particular goals of the practice—expansion of the Self and elevation of the spirit.

Mantra also supports those new to meditation, who find silence and absolutely stillness very challenging. In this way it is a ‘beginner’s practice’ and can be used by anyone to attain clarity, balance and equanimity. In addition, there are many meditations that are silent, practiced in a profoundly transformative stillness called shuniya.

### What makes Kundalini Yoga unique (that is, different from other styles/schools of yoga)?

It’s efficiency and effectiveness—its power. Kundalini Yoga is quick. Because it’s a system built for the householder, the changes you want to affect in your life happen much more quickly with Kundalini Yoga as taught by Yogi Bhajan than many other styles of yoga. It’s variety of techniques and meditations is enormous, allowing the instructor to tailor programs that support the individual and her goals. It’s a safe way to stimulate the body’s natural resources and become healthy, happy, and holy—in body, mind and spirit. It’s a proven path to the Self and the Soul—to an experience of your highest destiny.

*“Life is a lie if you do not find the eternal truth.”*

*“The art of happiness is to serve all, and all shall serve you.”*

*“Hope is not a prediction of the future, it’s a declaration of what is possible.”*

*“The attitude of gratitude is the highest yoga.”*

### Yogi Bhajan’s quotes



*“Improve with each breath. Every negative vibration returns 10 fold.”*

*“In all darkness, there is a light and in all light there is darkness.”*

*“Fools live in fear; a wise man lives in strength.”*

*“Your greatest strength is love. Your greatest weakness is fear.”*



## Mantras

### ONG NAMO GURU DEV NAMO

This is a mantra to help us tune into our inner guru as well as to bring the whole group to a common vibration as the class begins.

#### ONG -

is used to express the universal vibration as it extends itself into Creation while OM has been used to express the monastic move of renouncing life.

#### NAMO -

is to state that we have named the vibration and to identify ourselves in relation to it.

#### GURU DEV -

is the aspect of the transparent, invisible and all pervading guiding impulse in every BODY.

### AAD GURAY NAMEH JUGAAD GURAY NAMEH SAT GURAY NAMEH SRI GURDEVAY NAMEH

This mantra develops the theme of the guru and declares the four stages of time through which the guru prevails; before the beginning, through the ages past, in the present and in the future.

### MAY THE LONG TIME SUN

**MAY THE LONG TIME SUN SHINE UPON YOU  
ALL LOVE SURROUND YOU  
AND THE PURE LIGHT WITHIN YOU  
GUIDE YOUR WAY ON**

This song is sung just before the end of the class and speaks for itself.

### SAT NAM

Is the closing mantra. This mantra means **in the name of truth** and confirms the integrity of the intention with which the yoga has been practiced. It can also be understood as true name or identity and is an appropriate mantra for practicing silently during the class - hearing SAT while you inhale and NAM as you exhale. SA TA NA MA is an expression of the journey home as the sleeping and serpentine consciousness is brought awake from its innate infinite connection (SA) through the life of form (TA) across the daily chasm of death (NA) and into an enduring birth (MA).