



Kundalini Yoga Notes



Joelle is a Kundalini Yoga instructor with 10 years experience.

Joelle Gilmour's advice on what to do about Dizziness or Nausea during Yoga...

Long deep breathing engages the diaphragm, whereas the shallow breathing that we are more accustomed to uses the neck, upper back & chest muscles. The deeper breaths take in a much larger volume of oxygen which can create an immediate detoxification effect. The movement of the diaphragm actually massages the liver, stomach, spleen, gall bladder & kidneys, helping to release toxins

from our tissues. This detoxification can cause the feeling of nausea.

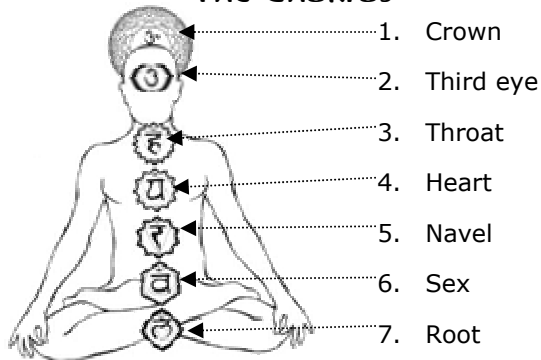
Drinking more water is the key to help reduce the nausea. Also, adding lemon to the water will assist the liver in detoxification.

Breathing in and out of the nose is not something that we are used to, but it helps to keep the energy circulating in the higher centers. This helps to increase clarity & intuition and also to ease the negative mind. This type of breathing can feel like a "high" or make us dizzy as well. **Just take in a big breath through the mouth and this should help to resolve the dizziness. Then... start again.**



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The Chakras



What is a "chakra"?

- The energy centers of the body, where body and spirit most strongly connect.
- Coordinate both physical and energetic properties of the body & mind
- These are all associated with endocrine glands.