



Kundalini Yoga Notes

On-the-Road Yoga Set

1. Tune in with ONG NAMO, GURU DEV NAMO

- Hands pressed together in prayer pose and pressed into the solar plexus.
- *onnnngggg-naaa-moohh-oohh-**breath**-guru-daaaave-naaa-moohh-oohh-**breath**... THREE TIMES*

2. Spinal Flex

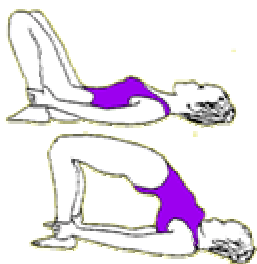


- Sit in easy pose. Grab the ankles.
- As you inhale powerfully, flex the spine forward,

keeping the shoulders relaxed and the head straight. Do not move the head up and down.

- Exhale and relax the spine back. Continue rhythmically with deep breaths. As you inhale feel the energy go down the spine. As you exhale feel it come back up to the third eye.
- **Continue for 1 ½ minutes**

3. Bow Pose



keeping the feet flat on the floor. Grab your ankles and holding on to them, slowly raise the

- Lie down on your back and simply relax for a moment. Then bend your knees and draw the heels up towards the buttocks, keeping the feet

hips up, arching the lower spine and lifting the navel towards the sky.

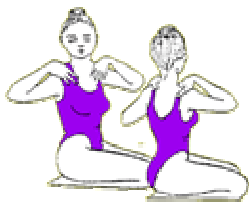
- As you lift up, slowly inhale through the nose. Hold the breath as you gently stretch up, lifting as high as is comfortable, then slowly relax down again as you breathe out through the nose.
- Slowly repeat this lifting up and down movement a minimum of twelve times, synchronizing the breathing with the movement of the hips.
- To end: Inhale up, hold the breath for ten seconds, pull in the navel and apply the root lock. Then relax down, stretching the legs out. Totally relax and feel the energizing effect of the exercise.

4. Stretch Pose



- Lie flat on your back on something soft but firm.
- Raise your head, hands, and heels six inches off the ground, pressing your chin into your chest. Lift your shoulders off the ground, but keep your shoulder blades pressed into the ground.
- Stretch your hands toward your pointed toes.
- Stare at your big toes.
- Begin breath of fire through your nose.
- After completing **1 to 3 minutes** of stretch pose, totally relax into corpse pose.

5. Side Twists



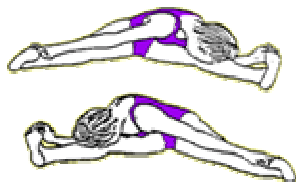
- Sit on the heels. Place the hands on the shoulders, fingers in front and thumbs in back. Keep your arms parallel to the floor
- Inhale, twist to the left. Exhale, twist to the right. Twist your head to each side as well. Gradually feel an increased rotation in your spine.
- **Continue 1-2 minutes or 26 times.**
- To end: Inhale center, hold the breath, apply rootlock, exhale, relax and feel the energy circulate, especially at the level of the heart.

6. Neck Rolls



- Sit with a straight but relaxed spine. Adjust the head so that you feel like it is sitting on top of the spine by slightly moving the head back and bringing the chin down slightly.
- Roll the neck slowly in one direction and then in the other. Let the weight of the head move the head around.
- Do this very methodically so that you go slowing through tight spots and work out areas of tension.
- **Continue for one minute in each direction.**

7. Alternate Leg Stretches



- Spread the legs wide apart, grasping the toes or any other place on the legs where it is possible to keep the knees straight. Inhale center and exhale down to the left leg, inhale center and exhale down to the right leg.
- Move from the hips to open the pelvis. Avoid simply bending and arching the upper spine.
- Keep the spine comfortably straight and get a good stretch in the back. Loosen up the muscles, but do not strain them.

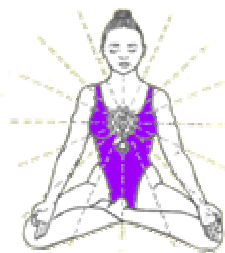
- Continue with powerful breathing. 1-2 minutes.
- To end: Inhale center, hold the breath, apply root lock and then relax. Bring the legs together and bounce them up and down a few times to relax the muscles and massage them.

8. Relaxation



- Deeply relax your back, hands to the side, palms facing up. Simply be with the sensations in your body and enjoy the feelings.
- **Relax for 11 minutes.**
- Do the wake up exercises... wiggling fingers, toes, rotating ankles and wrists, rubbing palms & soles together, cat stretch left and right, knees to chest, rocking left to right and then rocking horse 3-4 times up to easy pose.

9. Sa Ta Na Ma Meditation



- Sitting in easy pose, a comfortable, cross-legged position, close your eyes and turn them upward to your third eye point.
 - Place the back of your wrists on the knees, elbows straight.
 - Press firmly the thumbs of both hands to each of the fingertips in the following order: thumb to index, thumb to middle finger, thumb to ring finger, thumb to pinkie.
 - Verbally or mentally chant "Sa-Ta-Na-Ma," one syllable to each finger. Recite in a monotone.
 - Once finished, begin the next round, starting again with the index finger and ending with the pinkie. Continue.
 - Do it for three, seven or eleven minutes.
- ## 10. Close the set
- Chant 5 long Sat Nams in prayer pose.
 - Reach up, hold the breath, open and close the hands, exhale down. (do this three times)