



Kundalini Yoga Notes

What is Yoga?

Yoga is an ancient practice thousands of years old, originating in India. The goal is to unite the mind with the body so that we can connect with our inner guidance system. Healthy living is when what we think, say and do are in harmony. Practicing the physical postures can lead to an increased awareness of how the mind affects the body. This leads to more conscious living and therefore more enjoyment. Yoga is not a religion. However many people & organizations have incorporated components of it as part of their spiritual practice.



What is Kundalini Yoga?



This type of yoga focuses specifically on opening and balancing the Chakras so that energy flows freely through the body on all levels. This unique practice was introduced to the western world in the late 60's as a path to recovery & healing from lifestyle addictions. It helps us to enjoy our BEING-ness for longer periods of time and loosens our identity with the DOING-ness of modern society. It reconnects us to our heart energy empowering us with patience and

compassion for ourselves and others.

What are Chakras?

The ancient language of India describes the Chakras as "wheels of energy". In our modern culture they are often referred to as "emotional centres" in the body. There are seven main Chakras: Root, sacral, navel, heart, throat, third eye and crown. When energy flows freely between all the Chakras, our physical actions are guided by our soul's true purpose leading to health and vitality.



Should I practice yoga during menstruation?



Here is where personal common sense must prevail. Many gurus of yoga suggest that women suspend their practice during this sacred time. Others suggest a modified practice to accommodate physical pain and discomfort. I encourage all women practitioners to make decisions based on their own research and personal knowledge of their bodies. We are all so unique. Some women find that yoga practice actually helps to balance emotions and physical symptoms while others enjoy solitary meditative practice. It's really up to the individual. As you practice yoga and increase body awareness you will learn what works for you and what doesn't.

Do some people get emotional in yoga class?

Yes. It is not uncommon to experience a release of emotion during or after the practice. Postures, breathing, music and verbal cues from the teacher can assist in the gentle loosening of stored emotions in the body. Once the emotions are released, flow and vitality can be restored in the body. It is not something to get anxious about. Emotional release is often experienced as tranquil peace & space that replaces density and tension.



What benefits or results can I expect?



Increased awareness, flexibility, pain management, strength, endurance and vitality are all common results for the dedicated practitioner. Many others have declared a stronger sense of purpose, clarity, balance and decisiveness. While still others appreciate the opportunity to have an hour and a half to just be with themselves without obligations or outside pressures. Competitiveness gives way to

creativity, demands give way to acceptance and postponing happiness gives way to being happy in this moment.

How do I decide which yoga class is best for me?

There are a variety of options available from yoga blends to traditional styles. It is best to do a drop-in session to see if you resonate with the teacher's personality and class style. It is important to feel comfortable & safe. Interview each instructor to see if your personal intentions will be supported.

