

6 WEEK KUNDALINI YOGA CURRICULUM

Exploring Divine Feminine Power

Theme: Personal Empowerment

Course Objective: for women to have tools to deal with stress and to live from a place of empowerment.

It will be taught in a yoga studio near my home

Length of each Class: 1 hour

Weekly Opening:

5 Minutes – Introduction

- Introduce myself
- Short explanation of Kundalini Yoga as taught by Yogi Bhajan® – yoga of awareness (a powerful way to go from autopilot asleep state to awake, aware and intentional)
- Description of how Yogi Bhajan brought this practice to the Western World
- Give an overview of what to expect in each class – tuning in, kriya (complete set of actions for an intended purpose), Shavasana, (deep relaxation), meditation, closing (Long Time Sun song and long Sat Nam)

Handouts – tuning in mantra sheets (see handout #1 below) and release/waiver forms to be filled out at the beginning of the class (see handout #2 below)

5 Minutes – Adi Mantra and Mangala Charan Mantra

- Give students the words of the Adi Mantra – Ong Namō Gur Dev Namō. Explain they can refer to their handout. Explain that it will be chanted three times with a breath between each chant.
- Brief description of Adi Mantra – I bow to the Creative Wisdom, I bow to the Divine Teacher within.
- Explain that they are tuning in to the Golden Chain of Teachers before them when they chant the Adi Mantra. Explain that they are chanting, not singing and that they should feel the vibration in the conch, the cavity behind their sinuses in the head.
- Lead students through tuning in – rub hands together, bring palms together fingers pointing up, bring thumb to sternum with slight pressure between the palms (explain this is prayer pose), deep inhale, exhale fully, deep inhale, exhale fully, deep inhale to begin.
- Have students put their hands in their laps and allow themselves to experience the vibration of the Adi Mantra.
- Give students the words to the Mangala Charan – explain that they can refer to their handout. Explain that the entire mantra is chanted in one breath, and it will be chanted three times with a breath in between each time the mantra is chanted:

Aad Guray Nameh - I bow to the Primal Wisdom

Jugaad Guray Nameh - I bow to the Wisdom through the Ages

Sat Guray Nameh - I bow to the True Wisdom

Siri Guru Dayvay Nameh - I bow to the great, unseen Wisdom

- Explain that by chanting this mantra, you become surrounded by a field of white light of protection.
- Lead students through tuning in –bring palms together in prayer pose, deep inhale, exhale fully, deep inhale, exhale fully, deep inhale to begin.
- Have students put their hands in their laps and allow themselves to experience the vibration of the Mangala Charan.

Weekly Closing:

5 minutes – Closing

Explain that every class ends with Long Time Sun. Go over the words and refer students to handout:

May the long-time sunshine upon you, all love surround you.

And the pure light within you, guide your way on.

Explain that after song you will do a long Sat Nam. Explain that this means Truth is your identity. Sat means truth and Nam means name.

Have them close their eyes in prayer pose and guide through Long Time Sun and long

Sat Nam.

Closing prayer

1st Class: YOUR SELF MAGNIFICENCE – 1 hr

Kriya for the Instinctual Self found on page 21-23 in the I am Woman Manual

Many of the strongest instincts find expression and representation through the Lower Triangle of chakras: the rectum, sex organs and the navel point. To correct serious neurotic behaviour or self-destructive attitude is to physically stimulate the nervous and glandular system in order to alter the instinctual and learned patterns in the lower chakras. Once this is achieved and new energy balance is attained, then, through analytic self-assessment and meditation, it is possible to affect the holistic change which is desired.

1. Butterfly Pose (30 sec explanation, 2 min practice)
 - This exercise loosens the lower spine and stimulates the flow of creative energy
2. Cobra Pose and Plank Pose Combo (30 sec explanation, 3 min)
 - This exercise works to strengthen the lower back and to balance the flow of creative energy with the region of the Third Chakra
3. Crow Pose (30 sec explanation, 2 min)
 - This exercise circulates the energy of the lower three chakras and opens the circulation to the hips and lower intestines
4. Leg Lifts (30 sec explanation, 3 min)
 - This exercise strengthens the abdomen while balancing the energy of the Navel Point
5. Modified Boat Pose (30 sec explanation, 2 min practice)
 - This exercise strengthens the lower back and allows the energy to flow to the mid-spine and opens the nerve channels in the solar plexus area
6. a. Relax in laying on your back (2 min)
b. Rock n' Roll (1 min)
 - This relaxes the spine and distributes the energy around the body
7. a. Shoulder Stand with BOF (30sec explanation, 2 min)
b. Plow Pose with BOF (1 min)
 - These exercises open the upper spine and related nerve passages to the flow of Kundalini energy, and they stimulate the thyroid and parathyroid glands.
8. Sat Kriya in Celibate Pose (1 min explanation, 3 min practice)
 - This exercise circulates the Kundalini and integrates the energy released from the lower three chakras into the entire system so that the total effects are stable and lasting.
9. Savasana (11 minutes)
 - Lay on back in corpse pose and walk them through relaxing their bodies (2 min)
 - Deep relaxation (7 min)
 - Wake up, rotate hands and feet, cat stretch, rub soles of feet and palms together, knees to chest, rock back and forth on spine up into easy pose (2 min)

Meditation: Mercury Projection on pg 28 in the I am A Woman Manual (1 min explanation, 6 min)

- This meditation will make your mind most alert as it controls Mercury's effect on your communication with your-self and others.

2nd Class: TAP INTO YOUR LIGHT– 1hr

Kriya For a Calm & Open Heart from the I am A Woman Manual on pages 24 – 25

“As long as the mind is dark and does not let the light of the soul shine in your life, you will never have the joy and success that is your birthright as a human” – Yogi Bhajan

1. Breathe to open the lungs (30sec explanation, 2 min practice)
2. “la, la, la, la” continuous high-pitched warble (30sec explanation, 2 min practice)
 - Making this sound stimulates the brow area, and will relax you
3. Thumbs to Mercury mound, hands in fist revolving around (30sec explanation, 2 min practice)
 - This is a very fast movement and is beneficial for the heart
4. Hands out parallel alternating up and down 1-2 feet (30sec explanation, 1 min practice)
 - This motion will adjust the rib cage
5. Hands straight out 60 degrees with fingers clapping the palms to create a magnetic shock (30sec explanation, 2 min practice)
 - This exercise invigorates the brain
6. Sufi Grind (2 min practice)
7. Body drops (30sec explanation, 1 1/2 min practice)
8. Hands interlocked behind neck and meditate to Rakhe Rakhan Har (30sec explanation, 7 min practice)
9. a. Remain in the posture with eyes on tip of nose. Forcefully pump the navel to the beat of Guru Shabad Singh’s recording of Pavan Pavan (30sec explanation, 11 min practice)
b. To end: Inhale, suspend the breath for 10 sec and exhale x3 (1 min)
c. Raise hands overhead and shake them (1 min)
 - This exercise gives you mastery over the Pranic Shakti, the life force energy, by using the navel to develop stamina and inner strength
10. Savasana (9 minutes)
 - Lay on back in corpse pose and walk them through relaxing their bodies (2 min)
 - Deep relaxation (5 min)
 - Wake up, rotate hands and feet, cat stretch, rub soles of feet and palms together, knees to chest, rock back and forth on spine up into easy pose (2 min)

3rd Class: ENCHANTING YOUR BEAUTIFUL RADIANCE – 1hr

Kriya for Keeping the Body Beautiful on page 35 from the I am A Woman Manual

“People search for the experience of God, the experience of freedom, energy, and consciousness. If we would only purify ourselves, then God would be known to us and come to live in us. That infinite energy is the giver in every situation. We recognize it by cleaning, caring and utilizing that what we have already been given.” Yogi Bhajan

1. Long deep breathing with hands in Gyan mudra (3 min)
2. a. Frog Pose with inhale as you raise the hips 10X with 3 breaths and mulbandh (1min)
b. Frog pose with inhale as you raise the hips 26X with 3 breaths and mulbandh (2min)
3. Front Stretch with chest and head pressing towards knees (3min)

Kriya to Make you Enchantingly Beautiful on pages 33-34 from the I am A Woman Manual

The purpose of this set is to make you enchantingly beautiful. This short kriya can make you a different person. It increases your beauty, physically and mentally. Many of us have lost contact with the essence of beauty which comes from good physical condition. It is a radiance of the soul that shines through the physical appearance and beyond. This series elevates you to a level of consciousness where you can appreciate the new inflow of energy. It makes you want to meditate.

1. Spine Flex Variation in Rock Pose with palms flat outside of knees (3 min)
 - This exercise purifies the blood, adds strength to the whole nervous system and will save you from back and shoulder pain.
2. While in Rock Pose interlace fingers at the base of the spine with palms facing the head (2 min)
 - This exercise puts circulation and natural beauty into your cheeks.
3. Sit with legs straight in front, heels together, elevate to 60 degrees (3min)
 - This exercise stretches the sciatic nerve and helps relieve headaches.
4. Bring knees into the chest, balance the body holding the feet 6" off the ground. BOF (2 min)
 - This exercise cleans the blood with 50 powerful repetitions of BOF. As long as your breath is continuous, it cleans the lungs and stimulates the life force so that you can retain your youth and power.
5. Stretch the legs straight in front and catch the toes. Elbows are straight. Pull and elongate the spine fully and pull Neck Lock. Close the eyes and roll them up. Press the toes hard. (2 min)
6. Maintain the same position and begin to chant the mantra HUM. It means WE (2 min)
 - This helps you come out of individual pettiness and tension. It cleans lungs and creates such a stimulation to the life force that you can retain your youth, power and potency. Exercises 5 & 6 stimulate the two master glands of the blood – the liver and the spleen.
7. Savasana (10 minutes)
 - Lay on back in corpse pose and walk them through relaxing their bodies (2 min)
 - Deep relaxation (6 min)
 - Wake up, rotate hands and feet, cat stretch, rub soles of feet and palms together, knees to chest, rock back and forth on spine up into easy pose (2 min)

Meditation to Develop the Radiant Body on page 38 of I am A Woman Manual (1 min explanation, 11 min practice)

This meditation will build and expand the Radiant Body. With that radiance our communication becomes impersonally personal. When the Radiant Body is depleted, we feel we must do everything, we could feel as if we are better than some people and worse than others. When your hidden agendas are put aside and your radiance is strong, your presence embodies your being, and your presence communicates contentment, containment, completeness and consciousness.

Kriya Relax and Release Fear on pages 59 - 62 from the I am A Woman Manual

1. While standing bend down to grab the calves or the backs of your knees to do spine flex (4min)
 - This exercise works on the kidneys and liver.
2. Remain standing and rotate the torso in large circles twisting powerfully (5min)
 - This exercise rejuvenates the spleen and liver as it releases toxins.
3. Sit in Easy Pose. Make fists and place them as if grasping a steering wheel to begin twisting the body powerfully from side to side (2min)
 - This exercise works on the kidneys. The neck must move in order to release the blood supply to the brain.
4. Remain sitting. Extend arms up at a 60 degree angle with palms facing up. Begin to open and close the hands rapidly (4min)
 - This exercise breaks up deposits in the fingers and prevents arthritis.
5. While sitting extend arms out to the sides parallel to the ground. Make fists with the thumbs tucked inside touching the fleshy mound of the little finger. Using the O breath inhale the arms in as you tuck the elbows and exhale as you extend the arms out using the O breath (3min)
 - This exercise removes tension from the neck and purifies the blood – fear will leave you when you powerfully project out on the exhale.
6. Still sitting, arms straight out front. Begin to rotating the fists in small circles at the level of the heart centre – left fist counter clockwise, right fist clockwise (2min)
 - This exercise adjusts the muscles under the breasts
7. Crouch in Crow Pose with fists near your neck just above the shoulders. Inhale to stand up and exhale to get back into Crow Pose (2 min)
8. Sitali Pranayam. Exhale the hands back to knees and spine straight and meditate on Dukh Bhanjan recording (6 min)
 - Sitali Pranayam is effective against anger, bad moods and temperament.
9. Continue listening to the recording and move your arms up and body to the music (6 min)
10. Bowing Jaap Sahib while in Rock Pose bowing the forehead to the floor (5 min)
 - This exercise will heal any rock formations in your body such as kidney stones
11. Sit in easy seat to meditate with hands locked in Venus Lock at the back of your head (6 min)
 - Let yourself become calm and together feeling God's Light in you.
 -

5th Class: DISSOLVING THE PAST – 1hr

Kriya Relax and Release Fear on pages 77-78 from the I am A Woman Manual

“If you can spare 33 minutes in your life to do this kriya, you can eat up your own stress. The first exercise is going to take care of your glandular system and will affect the liver, it will relax you. The second exercise will balance the chakras. The third will balance your parasympathetic and sympathetic nervous systems.” Yogi Bhajan

1. Left hand over heart center, right hand cupped in front of you. Move right hand over your shoulder (explanation 1 min, practice 11 min)
 - Do it with a rhythm and devotion to get rid of stress, inner mental and physical tension

2. Elbows close to the ribs, hands wider than the elbows and palms are facing up in Shuni Mudra – thumb covers the nail of the middle finger. Repeat HAR as you flick the Saturn finger. (explanation 1 min, practice 11 min)
 - It will charge the serum in your spine and revitalize the gray matter in the brain
3. Bring arms out in front of you in a V with palm facing down. Chant HAR while crossing the hands in front of you do not bend the elbows. (explanation 1 min, practice 11 min)
4. Savasana (9 minutes)
 - Lay on back in corpse pose and walk them through relaxing their bodies (2 min)
 - Deep relaxation (5 min)
 - Wake up, rotate hands and feet, cat stretch, rub soles of feet and palms together, knees to chest, rock back and forth on spine up into easy pose (2 min)

6th Class: MASTER YOUR DOMAIN – 1hr

Kriya to Master Your Domain on pages 89-90 from the I am A Woman Manual

When you control your domain you act from the center of your being. In the realm of mind it means you can hold and project an important thought. In the realm of the body it means you are able to circulate blood from the core to the outlying limbs and glands. This kriya gives you that command of both realms.

1. Lie on your back with feet flexed. BOF with an O breath as you lift alternating legs straight up to 90 degrees. (30 sec to explain the breath, 7 min practice)
 - This exercise helps with menstrual irregularities
2. Get into Cow Pose as you alternate leg lifts with arm movements and continue the BOF (30 sec to explain the breath and exercise, 6 min practice)
3. Come into Frog Pose as you inhale to raise your hips 52X (4 min)
4. Sit in Easy Pose with navel pulled in and arm out 60 degrees and then up to 90 degrees as you move with your breath and listen to Jaap Sahib (30 sec explanation, 5 min practice)
 - It stimulates your heart, circulatory and glandular system and gain control of your mind
5. Remain in Easy Pose for deep breathing meditation to Himalaya song by Sat Peter Singh (5 min)
6. Lie down with legs crossed and hands over the heart center while you meditate to the song Promises by Sat Peter Singh. (5 min practice)
7. Savasana (9 minutes)
 - Lay on back in corpse pose and walk them through relaxing their bodies (2 min)
 - Deep relaxation (5 min)
 - Wake up, rotate hands and feet, cat stretch, rub soles of feet and palms together, knees to chest, rock back and forth on spine up into easy pose (2 min)

Meditation to Totally Recharge You on page 63 of I am A Woman Manual (30 sec exp, 3 min practice)

This meditation totally recharges you. It is an antidote to depression. It builds a new system gives you the capacity and caliber to deal with life and gives you a direct relationship with your pranic body.