



Warm-Up Guidelines for Student-Teachers

Kundalini Yoga as taught by Yogi Bhajan®

Level 1

Warm-ups are briefly discussed in *The Aquarian Teacher* on page 289; and these are essentially our guidelines for all Level One Teacher Trainings. We emphasize that the focus of a Kundalini Yoga class should be on Kriya and meditation—not warm-ups. With that said, on the practicum spreadsheet, you will see "optional warm-ups." These are suggested in order to begin teaching students how to review a kriya and select appropriate warm-ups. These optional warm-ups are not required; and if the student-teacher selects different warm-ups, your task as practicum trainer is to simply discuss their selections in relation to the kriya. Did they work? Or not? Were they appropriate in proportion to the kriya and meditation? Did they move from the base chakras to the upper chakras? We have also included a sample "warm-up". Students may or may not use this sequence; it's the teacher's choice but we've included it as a reference. In addition, pranayam sequences can be used as a warm-up: Breath of Fire, Ego Eradicator, Lion's Breath, Nadi Cleansing or other pranayam sequences are good examples. Postures like cat cows to warm up the spine are also good examples.

Warm-ups are a part of the Western syntax when it comes to exercise physiology. Although that's changing, it's still a large part of how most people talk about safety in movement and exercise. Although warm-ups are not traditional to the lineage, the practice of warming up the muscles and the spine prior to practicing kriya can be necessary to provide a safe experience for students.