

8-Hour Workshop Curriculum

Breath and Bandhas

Taught by Traci Grzywacz
Kundalini Breath Workshop

The **objectives** of this workshop are to:

- Make students aware of proper techniques for applying the three bandhas (Jalandhar-neck, Mulbandh-root lock, and Uddiyana bandh-diaphragm)
 - Bring consciousness to how bandhas protect alignment in the body.
 - Teach Yogic breath.
 - Practice Yogic breath with Bandhas.
 - Give the experience of how the body can work in harmony to bring ease into the yoga practice and reduce unnecessary tension.
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“Bandhas protect and project. That is what they are for. They protect the alignment of your spine and project your energy where you want it to go.”

-Guru Prem Singh Khalsa

Introduction Notes:

In this 8-hour breath workshop, I intend to discuss Divine Alignment as practiced in Kundalini Yoga. In Kundalini Yoga, the flow of energy in the body is promoted. The pathway of the spine is essential and consideration to the spine must be given in all postures to keep the central energy channel open.

When a correct bandhed internal frame is maintained with a connection to Earth, only the muscles needed are used and unnecessary tension can be released. The physical body can achieve harmony with Earth's gravity and facilitate comfort and ease in the yoga practice.

As outlined in the objectives, I will teach the bandhas and allow students time to explore them in depth, to assist and observe peers, and to question and refine techniques.

The art of yogic breath will be taught, practiced and refined. The students will experience relaxation in extended Corpse pose to completely surrender.

Workshop Audience: Open to adult yoga students and teachers who wish to learn more about the Kundalini yoga practices and wish to explore breath and bandhas in their bodies.

Workshop Timing: (Preferably a Saturday or Sunday from 8 am to 5 pm with an hour break for lunch)

8:00am - 9:00am- Introduction of self and background-15 min,
Participants' introductions and reasons why they chose to explore-20 min,
Tune In and introduction to *Ong Namō Guru Dev Namō*- 15 min

9:00 am- 9:20 am- Surya Namaskara-pg. 2 The Aquarian Teacher Yoga manual.

10 minute break for water and gather note taking materials

9:30am – 10:30am Teaching Mulbandh(Root Lock), practice and ask questions with a partner, feedback and support, explore in multiple postures(archer pose, bow pose, ego eradicator)

10:30am-11:30am- Teaching jalandhar bandh(neck lock), practice and observe with a partner to provide feedback to each other, explore in multiple poses(butterfly pose, bridge pose, crow pose)

11:30am-12:00pm- Teaching Uddiyana bandh(diaphragm), practice and observe with a partner to provide feedback, practice in easy pose and rock pose. Explain Mahabandh(all locks)

12:00pm-1:00pm LUNCH

1:00pm-2:15pm Tune in, explore Natural breath, teach and compare to yogic breath, use visual aids. Allow for practice and discussion.

2:15pm-3:00pm Basic Spinal Energy Kriya- pg. 6-7 AT yoga manual, includes 15 minute relaxation

3:00pm 10 minute break

3:10pm-4:00pm Small group discussions(or partners depending on class size)...What did you notice during the postures in your breath and bandhas? Was it difficult to maintain both when asked to? During the mahabandh, what did you notice? Journal or draw to reflect.

4:00pm-5:00pm Question and Answer, Curriculum Feedback, Aad Guray Nameh-Mantra for invoking the protective power of the universe