Kundalini Yoga: A Journey To Physical Vitality And Increased Consciousness

Image	Pose	Description
	Anjal Crown Chakra	Sit with legs crossed. Rub hands together to stimulate energy and place hands in Anjali Mudra (prayer) just above your head (crown chakra). The crown chakra is the highest chakra. It represents our ability to be fully connected spiritually. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Crown chakra is centre for trust, inspiration, happiness. Arm strength. **Video:** https://www.youtube.com/embed/cdEPJ9me9RM **Modifications:** Pillow under buttocks. Back against wall. **Precautions :** Knee injury.
	Body Drops	Sit with legs crossed. Place hands in fists or lotus on mat. Inhale, lift buttocks off the mat. Exhale, drop down. Repeat. **Benefits:** Core and hand strengthener. Releases stress. **Video:** https://www.youtube.com/embed/dM0rrWFbMpg?start=201 **Precautions :** Wrist injury.
	Jnana Energy Focus	Sit with legs crossed. Place hands in Jnana mudra (index fingers touching thumbs). Take several deep breaths. On each breath feel your energy becoming more focused. Place hands in circle (thumbs touching) over your naval. Take several deep breaths. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Focuses energy. **Video:** https://www.youtube.com/embed/zLvJD7iKVhw?start=201 **Precautions :** Knee injury.

Image	Pose	Description
	Lotus Arm Stretches	Sit with legs crossed. Place hands in lotus mudra (touch thumbs and pinky fingers together. Spread rest of fingers out like the lotus flower opening toward sunlight) in front of heart. Close eyes. Focus on Third Eye. Inhale, stretch arms out to sides with palms facing out. Exhale, bring hands back to lotus mudra (drop shoulders, chin slightly tucked in and smile). Repeat for 2+ minutes. **Benefits:** Releases stress, stagnant energy and burdens of the past. Shoulder stretch. Recognise your divinity. Make impossible possible. **Video:** https://www.youtube.com/embed/3I029o9Pg-k **Precautions :** Shoulder injury.
	Easy Neck Rolls	Gently roll neck clockwise in a circular motion. Inhale when head is back. Exhale when head is forward. Feel tension releasing in neck muscles. **Benefits:** Flexibility in neck. **Video:** https://www.youtube.com/embed/bm1PWIMGBR4?start=873 **Precautions :** Neck, knee, leg or spine injury. Sciatica.
	Ong Namo Guru Dev Namo	With this mantra you will be tuning into the golden chain of all the gurus, masters, teachers; to be present with you now. Sit with legs crossed. Rub hands together to stimulate energy and place hands in prayer. Press thumbs into sternum. Repeat mantra 3 times. "Ong Namo Guru Dev Namo." (I bow to the divine creator within). Release hands and acknowledge their presence. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Tune in. **Video:** https://www.youtube.com/embed/c1XCS0g6J4A?start=143 **Modifications:** Pillow under buttocks. Back against wall. **Precautions :** Knee injury.

Image	Pose	Description
	Sat Num Third Eye	With this mantra you will do a long "Sat" and short "Num". Sit with legs crossed. Rub hands together to stimulate energy and place hands in Anjali Mudra (prayer) over your Third Eye. Repeat mantra 3 times. "Sat Num." (true identity). Release hands. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Seed (Bij) mantra. Balances 5 elements (tattvas). Acceptance. **Video:** https://www.youtube.com/embed/PAOc-NRJAE4 **Modifications:** Pillow under buttocks. Back against wall. **Precautions :** Knee injury.
	Sat Num Heart Chakra	With this mantra you will do a long "Sat" and short "Num". Sit with legs crossed. Rub hands together to stimulate energy and place hands in Anjali Mudra (prayer). Press thumbs into sternum. Repeat mantra 3 times. "Sat Num." (true identity). Release hands. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Seed (Bij) mantra. Balances 5 elements (tattvas). Acceptance. **Video:** https://www.youtube.com/embed/PAOc-NRJAE4 **Modifications:** Pillow under buttocks. Back against wall. **Precautions :** Knee injury.
	See Saw Breath	Sit with legs crossed. Lock fingers in bear grip at Heart Centre. Move elbows in a see-saw motion. Breath long and deep with the motion. On inhale, raise elbow. On exhale, lower elbow. Repeat 26 times. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Purify blood and respiratory system **Video:** https://www.youtube.com/embed/yZEL7LyJd4M **Modifications:** Pillow under buttocks. Back against wall. **Precautions :** Knee injury.

Image	Pose	Description
	Shoulder Gyan Twists	Sit with legs crossed. Place hands in Gyan Mudra (index fingers touching thumbs). Raise forearms so fingers point up. Inhale and twist left. Exhale and twist right. Repeat. Eyes closed. Focus on 3rd Eye. Come back to start. Hold breath. Stomach sucked in. Squeeze mula bandha (suck navel toward spine, squeeze rectal and sex organs). Release. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Stimulate lower and mid spine. Supply oxygen to blood. Releases feel happy endorphins. **Video:** https://www.youtube.com/embed/jjKg5-gDFkk **Modifications:** Increase and decrease movement. **Precautions :** Knee injury. If dizzy slow the movement.
	Shoulder Twists	Sit with legs crossed. Grasp shoulders with fingers in front and thumbs back. Inhale and twist left. Exhale and twist right. Repeat. Keep elbows high with arms parallel to ground. Keep eyes closed. Focus on 3rd Eye. Come back to start. Hold breath. Stomach sucked in. Squeeze mula bandha (suck navel toward spine, squeeze rectal and sex organs). Release. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Stimulate lower and mid-spine. Supplies oxygen to the blood. Releases feel happy endorphins. **Video:** https://www.youtube.com/embed/jjKg5-gDFkk **Modifications:** Increase and decrease movement. **Precautions :** Knee injury. If dizzy slow the movement.

Image	Pose	Description
	Spinal Flex	Sit with legs crossed. Hold ankles with both hands. Deeply inhale as you flex spin forward. Open chest and shoulders. On exhale, flex spine backwards. Keep head parallel to ground. Synchronise breath with movement to create a rhythm. The deeper you breath the more you detoxify and the more prana you receive. Come back to start position, hold breath, stomach sucked in, and squeeze mula bandha (suck navel toward spine, squeeze rectal and sex organs). Release. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Flexes lower spine where kundalini energy is situated at 4th vertebra. **Video:** https://www.youtube.com/embed/2dLClVCpGvc **Modifications:** Speed up or slow down the movement. **Precautions :** Knee injury.

Lesson Plan Description:

What are the Kundalini poses in this lesson plan?

The Kundalini yoga poses in this Kundalini yoga lesson plan include: Anjal Crown Chakra Pose, Body Drops Pose, Jnana Energy Focus Pose, Lotus Arm Stretches Pose , Neck Rolls Pose, Ong Namo Guru Dev Namo Pose, Sat Num Third Eye Pose, Sat Num Heart Chakra Pose, See-Saw Breath Pose, Shoulder Gyan Twists Pose, and Spinal Flex Pose.

What is Kundalini Yoga?

Kundalini Yoga is an uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras, such as Sat Nam, meaning "truth is my identity." The goal is to build physical vitality and increase consciousness.

Where's the Kundalini name derived from?

It derives its name through a focus on awakening kundalini energy through the regular practice of meditation, pranayama, chanting mantra, and yoga asana.-Called by practitioners "the yoga of awareness", it aims "to cultivate the creative spiritual potential of a human to uphold values, speak the truth, and focus on the compassion and consciousness needed to serve and heal others."

What is the coiled-up serpent?

Kundalini is the term for spiritual energy or life force located at the base of the spine, conceptualized as a coiled-up serpent. The practice of Kundalini yoga is supposed to arouse the sleeping Kundalini Shakti from its coiled base through the 6 chakras and penetrate the 7th chakra, or crown. This energy is said to travel along the Ida (left), Pingala (right), and central, or Sushumna Nadi - the main channels of pranic energy in the body.

What is the golden cord?

Kundalini energy is technically explained as being sparked during yogic breathing when Prana and Apana blend at the 3rd chakra (navel center) at which point it initially drops down to the 1st and 2nd chakras before traveling up to the spine to the higher centers of the brain to activate the *golden cord* - the connection between the pituitary and pineal glands - and penetrate the 7 chakras.

What is the tri-fold approach?

Borrowing and integrating the highest forms from many different approaches, Kundalini Yoga can be understood as a tri-fold approach of Bhakti yoga for devotion, Shakti yoga for power, and Raja yoga for mental power and control. Its purpose through the daily practice of kriyas and meditation in sadhana is described as a practical technology of human consciousness for humans to achieve their total creative potential. With the practice of Kundalini Yoga, one is thought able to liberate

oneself from one's Karma and to realize one's Dharma (Life Purpose).

What do a majority of Kundalini poses focus on?

The practice of kriyas and meditations in Kundalini Yoga is designed to raise complete body awareness to prepare the body, nervous system, and mind to handle the energy of Kundalini rising. The majority of the physical postures focus on naval activity, the activity of the spine, and selective pressurization of body points and meridians. Breathwork and the application of bandhas (3 yogic locks) aid to release, direct and control the flow of Kundalini energy from the lower centers to the higher energetic centers.

You can create lesson plans like this using the Genie Lesson Planner