Kundalini Yoga: A Journey To Physical Vitality And Increased Consciousness

					
Anjal Crown Chakra	**Body Drops**	**Jnana Energy Focus**	**Lotus Arm Stretches**	**Easy Neck Rolls**	**Ong Namo Guru Dev Namo**
					
Sat Num Third Eye	**Sat Num Heart Chakra**	**See Saw Breath**	**Shoulder Gyan Twists**	**Shoulder Twists**	**Spinal Flex**

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