

TYPICAL KUNDALINI YOGA CLASS STRUCTURE

1. Tuning-in with the Adi Mantra:

ONG NAMO GURU DEV NAMO (x3)

Translation: I bow to the creative force of the universe. I bow to the divine teacher within me.

This mantra calls upon the Creator, the Divine Teacher inside every human being. It establishes a strong and clear connection, setting us all to the same frequency, so that we can receive the highest guidance, energy and inspiration. Always chant it at least three times before beginning any practice of Kundalini Yoga as taught by Yogi Bhajan®.

ONG is the Creator; NAMO means reverent greetings or salutations; GURU is the giver of the technology (GU = darkness, RU = light); DEV means transparent (non-physical).

Pronunciation: ONG uses the conch in the nasal cavity to create this initiating sound; NAAMO GUROO DAYV NAAMO is the traditional transliteration.

2. Pranayam or Warm-up Series (optional)

3. Kundalini Yoga Kriya: a specific sequence of yogic postures (asana), breath (pranayam), sound current (mantra), and hand positions (mudra) that are integrated together to allow the manifestation of a particular state.

4. Deep Relaxation

5. Meditation

6. Tuning-out with the "Long Time Sun" Song:

All Kundalini Yoga as taught by Yogi Bhajan® classes use the Sun Shine Song to close each class. It can be sung or recited, as a positive affirmation, bringing blessings to all.

May the long time sun shine upon you,
all love surround you,
and the pure light within you,
guide your way on. (2x)

SAT NAM (1x)

Translation: Truth is my identity.

Sat Nam is the seed (bij) Mantra. SAT means Truth or Essence; NAM means Name or Identity.

Pronunciation: SAT NAM is often transliterated as Sat Naam, which rhymes with "but mom"; the 'a' is short as in 'hut', and the 'aa' is long as in 'mom'.

It is highly encouraged to use this mantra with any Kundalini Yoga exercise, mentally vibrating SAT on the inhale and NAM on the exhale. It is a fantastic tool that helps prevent the mind from wandering and facilitates re-centering yourself within. You can also use it as a greeting or as parting words, anytime, anyplace. It reinforces the divine consciousness in everyone.