

Books on Kundalini Yoga - The following are a few excellent reading companions. Shakta's book is a great beginner's book, filled with photo illustrations, meditations and yogic recipes. The other titles are each filled with valuable insights and information for more in-depth study.

Shakti Parwha combines her down-to-earth philosophical approach with precious anecdotes about her experiences as an early student of Yogi Bhajan. Gurmukh, who is popular teacher in Los Angeles, offers a deeply insightful study of the chakras, with a warmly human touch. Dr. Dharma operates a renowned clinic in Tucson. His book is replete with the latest scientific findings on the medical benefits of Kundalini Yoga.

- Shakta Kaur Khalsa, *Kundalini Yoga: Unlock Your Inner Potential Through Life-Changing Exercise*, price: \$19.95
- Shakti Parwha Kaur Khalsa, *Kundalini Yoga: The Flow Of Eternal Power*, price: \$23.95
- Gurmukh, *Eight Human Talents: The Yogic Way To Restore Balance & Serenity Within You*, price: \$20.95
- Dharma Singh Khalsa, M.D., *Meditation As Medicine: Activating The Power Of Your Healing Force*, price: \$21.50

Visit us on the Internet - Our Toronto web-site has the times and locations of Kundalini Yoga classes all over the Greater Toronto Area and beyond. It also features valuable links for related information, products and services.

www.torontokundaliniyoga.com

Give us a Call - If you have a question, need support, or would like help finding a class near you, don't hesitate to phone us at:

(416) 929-2507



We teach the world !



Welcome to Kundalini Yoga!

yoga to heal, uplift & inspire

Kundalini Yoga is the most powerful and effective form of yoga. It stimulates optimal health and a radiant sense of well being with simple yogic techniques that can be practised by anyone. Positive effects can be noticed almost right away.

Kundalini Yoga helps to bring the energies of your brain and nervous and glandular systems into balance, in order for you to function at a consistently higher level, without exhausting your mind and body. When the body and mind are at ease, inspiration flows freely and peace of mind is realized.

Until recent years, Kundalini Yoga was the exclusive and secretive domain of yogis in the far-off Himalayas. In 1968, Yogi Bhajan (1929-2004) came to the West and began to teach this powerful, health-giving science openly. In 1994, he founded the International Kundalini Yoga Teachers Association (IKYTA) to spread and to serve these teachings.

Nowadays, through the efforts of teachers of the International Kundalini Yoga Teachers Association, Kundalini Yoga is practised by tens of thousands of people in 68 countries, making IKYTA one of the largest yoga teaching organizations in the world.

Getting Started - As a beginning student, you should participate in the class at a pace that suits your flexibility and endurance. Wear loose, comfortable clothing, preferably made of cotton or other natural, breathable fibre. It is best to remove your socks to stimulate the vital nerve endings in the soles of your feet.

If you allow at least two hours between eating and practising yoga, you will gain the maximum benefits. It is also easier to exercise on an empty stomach. If you must eat, have something light to tide you over.

Advise the teacher beforehand if you have any particular physical limitations or are pregnant. If you are pregnant or menstruating, do not push yourself. Avoid exercises that position the legs over the head or put great stress on the abdomen. Instead of breath of fire, practise long, deep breathing.

A blanket or shawl may have many useful applications. You can sit on it, cover your body with it during deep relaxations, and use it to cover your back and shoulders during meditation.

"Tuning In" - Since Kundalini Yoga is a powerful, life-altering science, we begin each class with an exercise of attunement, using the mantra "Ong Namoh Guru Dev Namoh."

By chanting "Ong Namoh," we honour the universal energy of change and embrace its role in our life. "Ong" means "Creator" and "Namoh" means "I bow". By chanting "Guru Dev Namoh," we honour our highest spiritual authority, our conscience, since change without some inner guidance is pointless, but with the help of our "Guru Dev" a great deal can be accomplished that might not otherwise have been possible.

Posture (Asana) - Kundalini Yoga is called the yoga of angles and triangles. The specific angles that make up each yoga posture put pressure on the glands to secrete. When the body comes out of an asana, the glandular secretions have an opportunity to circulate freely. With practice, the glands, which are the guardians of our health, begin to function better, relieved of needless stress and better attuned to the real needs of body, mind and spirit.

Breathing (Pranayam) - Exercising the breath is a fundamental part of yogic practice. The lungs are our largest organs, but most people only use 30 percent of their lungs. Long, deep breathing helps build patience and endurance. Breathing through the nose has a calming effect compared with mouth breathing, which stimulates the secretion of stress-producing chemicals in the body. Breath of fire is a rapid, abdominal breath that releases toxins from the body and expands the capacity of the lungs.

Locks (Bandhs) - The use of locks, created by tensing certain muscles, serves as a powerful way for you to concentrate and direct the flow of your body's vital energy to your higher centres. The four locks are root lock (mool bandh), diaphragm lock (uddhiyana bandh), neck lock (jalandhar bandh) and the great lock (maha bandh).

Mantras - In both the ancient science of the yoga masters and the theory of modern physics, vibration is central to all existence. In Mantra Yoga, we create certain sounds that have been shown to have natural, healing attributes. When we chant a mantra, it affects us in three ways. One is through the impact of its meaning. Another is through the subtle effect of its sounds on the nervous system. Thirdly, subtle meridians, at the roof of the mouth are stimulated, which in turn affect the hypothalamus and the pituitary, the master gland of the body.

Hand Postures (Mudras) - According to traditional yogic science, each area of the hand helps control a specific part of the brain. Western anatomical science also shows that the hands and fingers are widely represented in the brain. Yogic theory says that various discrete neurological effects can be attained by, for example, touching the fingertips to the thumb, or crossing certain fingers.

Mental Focus (Dhyan) - Try to stay mindful for the duration of the class. Keep aware of the magic of the breath. Be mindful of the subtle nuances of the exercises you are doing. Be aware of their effect on your physical and mental state. Be mindful of your mind, and try to coax it back to the here and now when you find it wandering.

Sadhana - The strengthening, uplifting effects of Kundalini Yoga are most pronounced when it is practised on a regular, even a daily, basis. Consider setting aside time to invest in your self first thing, or before you sleep at night. You will be glad you did.

"The Longtime Sun" - Each class comes to a close with a song that affirms our connectedness with each other, the Earth and our highest aspirations. It dates from the early days of Kundalini Yoga classes in 1969.

"May the longtime sun shine upon you,
all love surround you,
and the pure light within you
guide your way on,
guide your way on,
guide your way on..."
Sat Nam