

## Kundalini Yoga 10 week beginners course with Saraswati Adi

***"Kundalini Yoga is simply the uncoiling of yourself to find your potential and your vitality and reach your virtues. There is nothing outside, everything is you. You are the storehouse of your totality" Yogi Bhajan***

A 10 weeks beginners course in kundalini Yoga as taught by Yogi Bhajan starting on Friday November 2<sup>nd</sup> at 6.30pm-8pm and every Friday until 4<sup>th</sup> January 2019.

This beginners course aims to introduce and explore the foundations and key concepts of Kundalini Yoga as taught by Yogi Bhajan. The Kundalini yoga class is very simple and includes the chanting of a few mantras at the beginning and end of the session. The standard format of the session is about 40mins of exercises incorporating breathing, 15 mins of deep relaxation and some meditation. Kundalini as taught by Yogi Bhajan, is a comprehensive system and so some classes include discussion about life and spiritual philosophy.

Kundalini Yoga is a 'householders' path and is meant for people living normal everyday lives – balancing jobs, families, and the challenges those bring – rather than for monks or ascetics. Like many forms of yoga, it follows Patanjali's yoga sutras, and is an *ashtang* (eight limbed) yoga, focusing on *yama*, *niyama*, *asana*, *pranayama*, *pratyahara*, *dharana*, *dhyana*, and *samadhi*. However, in Kundalini Yoga, these eight limbs are developed concurrently, in a single practise, rather than consecutively (mastering one level before moving onto the next). This makes it very well suited to the modern yogi, who may be fitting yoga practice in between a nine to five job and other life commitments. It is a powerful practice that leads to profound effects and change, in a short period of time.

The depth of the course increases slowly, allowing us to spend time on Long Deep Breathing and other pranayama, and to explain basic and fundamental exercises. We will repeat a Kriya or meditation several times over the course to develop both confidence and expertise allowing progression at a steady and supportive pace.

Please email or call if you would like to book or have any questions.

[Saraswatiadikaur@gmail.com](mailto:Saraswatiadikaur@gmail.com)

Mob: 07866 002846

Cost: £100 for the 10 weeks

Or £12 drop in



Yoga Akasha

1st floor, The Old Mill, 45 London Road,  
East Grinstead, West Sussex, RH19 1AW  
[www.yogaakasha.co.uk](http://www.yogaakasha.co.uk)

