



KUNDALINI YOGA INTRODUCTORY AUDIO GUIDE FOR YOGA ROUTINES

Sat nam!

Welcome to Yoga Home Practice Introductory Audio for Kundalini Yoga.

What is Kundalini Yoga?

Kundalini Yoga is an ancient yogic science, that works on balancing the glandular system and strengthening the nervous system through stimulating pressure points and meridians in the body.

Why practice?

To help cope with stress, learn how to relax, release old patterns that no longer work for you, improve your overall health and wellbeing and change your life for the better

Here are some practical matters to consider before beginning your Kundalini Yoga Practice.

It is important for you to follow the instructions carefully during the guided practice, and move at your own pace. As you do the exercises, be aware of your physical limitations and back off at the first signs of physical pain. Rather than straining to achieve your idea of the perfect posture, respect where your body is at today. Challenge yourself without pushing past physical pain or strain.

Consult your doctor if you are in any doubt about your medical condition or if you are pregnant.

If you are in the first trimester of pregnancy, this is a delicate time during which the hormonal changes following conception are taking place, so consider avoiding vigorous exercise. Avoid practicing Breath of Fire and doing any strenuous leg lifts. There are specific kriyas for pregnancy which you may be able to access via this site. It is always recommended to do this practice in addition to seeing a qualified teacher.

If at any time you experience pain, slowly come into Baby Pose or Corpse pose, relax and breathe, whilst visualising yourself doing the practice. You can rejoin when you feel ready.



THE SPACE

In respect of the space, find a peaceful clear area for your practice. Make sure the space is quiet and clean – free from any other activities or distractions. You need to be comfortable in this space. This is time just to be with yourself, so make it important to choose an appropriate space. If it is accessible to you, find a special place.

Should you decide to take your Yoga Audio Routine with you outside to a park or beach, make sure the conditions are pleasant, and face away from the sun to keep the glare away from your face.

BREATHING AND THE BODY'S MOVEMENT

In the absence of specific breathe instructions:

- Inhale is when the front of the body is open (e.g. backward bends, rolling up to standing)
- Exhale when the back of the body is open (e.g. forward bends).
- There are often specific breath instructions in Kundalini yoga that contradict this rule – ALWAYS follow instructions where they are given.

TIME AND DURATION FOR PRACTISE

Here are some tips on the time and duration of practice.

Never go beyond the maximum times given for an exercise. If it's too strong for you to do the full times, you can shorten them.

Practise regularly. Kundalini Yoga provides benefits on all levels - physical, mental, emotional and spiritual. This includes improved levels of fitness and flexibility, reduced tension, and greater focus in all areas of your life. These lifestyle benefits can be yours through consistent practice.

Consistent practice means practising yoga as often as you can, ideally on a daily basis, even if it's just for 10-20 minutes a day. We understand that you may not be able to physically get to a live yoga class this often. Hence, our Yoga Home Practice online classes have been specifically designed to meet your needs.

Because of the breathing practices in Kundalini Yoga, you should always practice on an empty stomach, for example in the morning before breakfast or at least 2 hours after eating a light meal, longer if the meal is big.



EQUIPMENT

Here's an overview on the equipment you'll need.

Kundalini Yoga is traditionally practiced on a sheepskin, but any natural material will do for example cotton or wool. If you are practicing on hard floors it would be a good idea to have a yoga mat underneath this surface for cushioning and to prevent slipping.

Have a folded blanket or a small cushion within reach. Some routines will also require you to have a belt or strap. These props will assist in releasing strained muscles in some postures. Also have a blanket or a light jumper ready to keep yourself warm especially towards the end of the practice. You may also like to invest in or make yourself an eye pillow for deep relaxation – well worth the effort!

Practise with bare feet, and wear appropriate loose clothing or sportswear in natural fibres (ideally white) that allows ease of movement.

Enjoy your practice!

Yoga is a process and not a destination. As long as you are engaging your body, breath and mind you are doing yoga.

From the teachers and staff at Live Yoga Life - the home of Yoga Home Practice, we bid you courage to be who you are.

Sat nam!

The Team from Live Yoga Life