

# Kundalini Yoga & Meditation Reference Guide

---

## How to Tune In:



Sit in Sukhasana, a comfortable cross legged position (you may substitute with rock pose where appropriate, or sitting in a chair).

Bring the Hands Together at the Heart Center (Anjali Mudra).

Close the eyes and focus at the third eye center (Ajna Chakra).

*The third eye is an energy center located between the eyebrows and slightly above, on the inside of the skull. Concentrate your gaze here unless otherwise told by the instructor.*

Chant (the Adi Mantra) **Ong Namō Guru Dev Namō.**

---

## How to Breathe Correctly for Yoga:

Long Deep Breathing:

**At first you will -**

*Inhale, FILL the belly., Exhale, CONTRACT the belly.*

**When you can do that begin to -**

*Inhale, FILL the belly, then ribcage, then upper chest, without collapsing the other parts. Exhale, from the upper chest, then ribs, then belly, and CONTRACT deeply.*

*Do NOT gasp, breathe shallow, force the breath in, or over do it.*

**Breathe of Fire:**

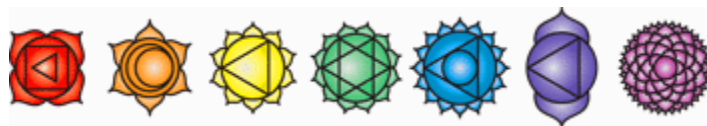
Rapid, rhythmic breathing that is no deeper than a sniff.

ALWAYS pump the belly IN on the EXHALES.

Only the belly moves, the rest of the body is RELAXED.

Each breath is half a second long.

*Do NOT favor the exhales or the inhales, and if you need to stop, STOP.*



# Kundalini Yoga & Meditation Reference Guide

---



## During and Between Exercises: Meditate

Sit in Sukhasana, a comfortable cross legged position (you may substitute with rock pose where appropriate, or sitting in a chair).

Place the hands in on the knees, palms face up, with the index finger and thumb tip touching (Gyan Mudra).

Close the eyes and focus at the third eye center (Ajna Chakra).

Listen to your breathe, observe your breath, feel your breathe.

---

## How to do Root Lock (Mulbandh)

CONTRACT the rectum, sex organs, and belly button inward and upward, deeply. Hold as long as instructed.

Keep the whole body as relaxed as possible.

---

## How to finish the session:



Sit in Sukhasana, a comfortable cross legged position (you may substitute with rock pose where appropriate, or sitting in a chair).

Bring the Hands Together at the Heart Center (Anjali Mudra).

Close the eyes and focus at the third eye center (Ajna Chakra).

*The third eye is an energy center located between the eyebrows and slightly above, on the inside of the skull. Concentrate your gaze here unless otherwise told by the instructor.*

Chant **Saaaaaaaat Nam! Saaaaaaaat Nam! Saaaaaaaat  
Nam!**

