

KUNDALINI YOGA CLASS FORMAT

Tuning in with the Complete Adi Mantra *Chanted three times.*

Ong Namō Guru Dev Namō Guru Dev Namō Guru Deva

Ong: creative energy of the cosmos, the Infinite

Namō: to call upon or bow to

Guru: wisdom or teacher **Dev:** divine or subtle

I call upon and bow to the creative energy of the cosmos.

I call upon and bow to the wisdom that is within me and all around me.



Warm up

Kriya (A series of exercises)

Relaxation

Meditation

Closing: Long Time Sun

May the Long Time Sun shine upon you.

All love surround you.

And the pure light within you,

Guide your way on.

Long Sat Nam

Sat: Truth

Nam: is to bow to and recognize that truth.

Sat Nam is the changeless (infinite) part of ourselves.

TENTH
GATE
YOGA