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Philomena Breen, September 2008,

Kundalini yoga

We are a spiritual being having a human experience

Kundalini yoga was brought to California by yogi BHAJAN in 1969 - it wakes up the kundalini, the dormant energy at the base of the spine, base chakra, 4<sup>th</sup> vertebrae and strengthens the central nervous system, raising awareness and creativity. Below is an extract from to-night's session plan, enjoy.

**IN EASY POSE, HANDS IN FRONT OUT TO SIDE, DO THE MULA BANDA BREAK THROUGH THE PENETRATIONAL BORDER BEYOND BODY AND MIND - MIND FIGHTS FOR DOMINANCE. IT IS YOUR CHOICE, EXPERIENCE PAIN OR JOY – THE RADIANT TRANSFORMATION MAKING THE IMPOSSIBLE POSSIBLE.**

**YOU CAN GO BEYOND THE MIND, MAKE THE HUMAN EXP ENJOYABLE, THINK OUT THE BOX, PURE ALCHEMY, WHERE THE PAST IS OUT AND THE PRESENT IS IN. YOUR FUTURE IS NOW CRYSTAL CLEAR, DON'T GIVE UP. RECEIVE INTEGRATE, AND LET THE MUSIC TAKE YOU TO ACTIVE MEDITATION, HANDS UP, SHAKE, SHAKE, SHAKE.**

The practice of kundalini yoga consists of a number of bodily postures, expressive movements and utterances, cultivation of character, breathing patterns, and degrees of concentration. None of these postures and movements should, according to scholars of Yoga, be considered mere stretching exercises or gymnastic exercises. NAMASTE, Philomena