



BEGINNER'S KUNDALINI YOGA & MEDITATION COURSE
with Anahata Nicki Musick
Yoga Teacher, Yoga Therapist, Licensed Massage Therapist

Course Fee \$195.00 10 weeks - Includes Manual

Students who are already practiced in Kundalini Yoga can drop in and attend any course session for \$15

Kundalini is a universal process of spiritual growth. Kundalini Yoga is the physical path and involves more than just the physical body. It is an awakening of the true nature that exists in all of us. Discover Yogic solutions for refreshing sleep, abundant energy and deep relaxation. Set yourself for health, success and ease in the days ahead.

Week One:

WELCOME TO KUNDALINI YOGA

About Kundalini, the Light and Energy Within You

Kundalini Yoga Origins

An Introduction to Yogic Breathing

Mind, Body, Breath Integration Practice using Ujjayi (long deep breath) focus points, and Gentle Movement

Connecting with Kundalini Core Energy through Deep Relaxation

Questions and Answers

Week Two:

ENERGY ALIGNMENT & PHYSIOLOGY

Long Deep Breath Review and Practice

Deepening Ujjayi

Foundations for Stationary Asana and Moving Asana

The details of alignment for bones, joints and muscles using angles and balance points

Rooting and Balance

Week Three:

AWARENESS, ALIGNMENT, AND CORE ENERGY

An Introduction to the Agni Pran (Breath of Fire)

An Introduction to Bhandas (Body Locks)

Foundation Moving Asana for the core with breathing and body locks integration

Week Four:

SKILLS FOR MEDITATION

Alignment for Meditation

Merging attention, breath and body experience

The issues of pain, distraction and discomfort

Calm Heart Meditation

Week Five:

KRIYA: Sequential Moving Yoga Exercise and Conscious Breath Integration

Key foundation exercises for strength, vitality and tension relief

Week Six:

KRIYA: Sequential Moving Yoga Exercise and Conscious Breath Integration

Key foundation exercises for health and healing

Week Seven:

INTRODUCTION TO KUNDALINI MUDRA AND MANTRA

About Mantra

Mantra and Meditation

Week Eight

JOURNEY THROUGH THE CHAKRAS

The chakras are 7 vortexes, wheels of energy anatomy along the spine that correspond to the nervous system and endocrine system. Each of the seven chakras generates the energy of your mind, emotions and body consciousness. This session will focus on chakras 1-3 and Kundalini Yoga and Meditation.

Week Nine:

JOURNEY THROUGH THE CHAKRAS PART TWO

The chakras develop a quality of connection that lives through you to the world around you. This development comes through growth, maturity and self - awareness with a potential to the fulfillment of your higher self. This session will focus on chakras 4-7 and Kundalini Yoga and Meditation.

Week Ten:

WHOLE SELF - INTEGRATION

Lifestyle Guidelines for Daily Practice