

# Linee guida di una classe di Kundalini Yoga

- KRI INTERNATIONAL YOGA TEACHER TRAINING MANUAL -  
- The role of a Kundalini Yoga Teacher, capitolo 23, YOGA CLASS STRUCTURE -

- ❖ Qualche minuto di rilassamento e di respiro lungo lento e profondo
- ❖ Intonazione dell'ADI MANTRA in Pranam Mudra per iniziare la classe :  
**ONG NAMO GURU DEV NAMO (x 3 volte, almeno)**

(non letterale : mi inchino alla creazione, mi inchino alla divina saggezza)

"Whenever you chant *Ong Namu Guru Dev Namu*, through the grace and blessing of Guru Ram Das, *Bhagvati*, the creative power of the universe, God, the Ultimate, the Infinite, dwells in you as a yogi, and that is what you teach . Concentrate on the Heavens when you chant it. See what a difference it makes."

YOGI BHAJAN, *Kundalini Rising! Spring 1994*

- ❖ EVENTUALE Mangala Charn Mantra (x 3 volte)  
**Ad Guray Nameh, Jugad Guray Nameh,  
Sat Guray Namey, Siri Guru Devay Nameh**  
(mi inchino alla saggezza primaria, mi inchino alla saggezza attraverso le ere,  
mi inchino alla saggezza vera, mi inchino alla grande, non vista saggezza)

- ❖ EVENTUALE riscaldamento fisico (Kriya)
- ❖ EVENTUALE pranayam (esercizi di respirazione)

Yogi Bhajan never taught warm-up exercises himself when leading Kundalini Yoga *kriyas*, but acknowledges that in some instances warm-ups can be useful. Here are the options to choose from if you determine it is necessary to include a warm-up before teaching a Kundalini Yoga *kriya*:

- You may choose any short Kundalini Yoga *kriya*. Some examples of good Kundalini Yoga *kriyas* for warm-up purposes are listed at the end of the Sets chapter.
- Pranayam sequences are especially good for waking up the body and opening the lungs.
- Do a few repetitions of the short version of Sun Salutations (*Surya Namaskar*) included in this Manual. (Yogi Bhajan taught this in the seventies, so we include it in the Kundalini Yoga archives!)
- You may also lead Spinal Flex, Cat-Cow, and Life Ner ve Stretches, all of which can stand alone, or which can be used as a warm-up series.
- You can also recommend that students do their own stretching exercises before coming to class, or before the class begins.

When leading warm-ups, always identify when you begin the *kriya*. In this way, the students are clear about the sequence of the *kriya*, and understand that we maintain the integrity of sets as they were taught by Yogi Bhajan.

- ❖ Kriya della classe (serie di esercizi con tempi e sequenza predefinite)
- ❖ Rilassamento
- ❖ Meditazione (singola, composta o più di una, a seconda dell'insegnamento)

Have a few moments or minutes of silent reflection after the meditation. Then have the class vigorously shake their hands over the head for grounding. And then rub the palms together before singing the 3HO ending prayer.

- ❖ EVENTUALI mantra o preghiere personali private.
- ❖ Saluto finale

**SAT NAM (x 3 volte)**

- ❖ Opportunità per socializzare tra gli studenti e eventualmente fare domande.

## Indumenti ed accessori consigliati :

- Tappetino ( talvolta fornito dal centro )
- Copertina per il rilassamento.
- Abbigliamento molto comodo per permettere qualsiasi movimento.
- Cuscino

(Gli estratti in corsivo in inglese sono presi dal "KRI INTERNATIONAL YOGA TEACHER TRAINING MANUAL" e sono stati inseriti come precisazione e risposta al punto di passaggio della classe)

Stefano Baldi Suraj Singh  
Kundalini yoga Teacher per la KRI, Ikyta International e Ikyta Italia  
Sat nam Rasayan Healer I livello  
<http://sbss.it> - [3386405612@tim.it](mailto:3386405612@tim.it) - +39 338 6405612