**YOGA**

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**Kundalini**

**As taught by Yogi Bhajan**

**With Pavan Seetal Kaur AKA Janine Opheim**

**Bring with you to each class:-**

I invite you to enthusiastically approach your yoga practice. However I encourage you to use care when determining your own ability to do the exercises offered in these classes. Do not aggravate an existing injury. If you have a doubt as to whether yoga would be recommended if you have a particular injury or condition, please consult your doctor.

Yoga mat Blanket

Cushion Bottle of water

**Mantras to Tune In**

**ADI MANTRA**

*(Repeat 3 times)* **Ong namo guru dev namo**

The Adi Mantra precedes all Kundalini Yoga practice, tuning one in to the higher self. Ong is "Infinite Creative energy in manifestation and activity", Namo is "reverent greetings' implying humility, Guru means "teacher or wisdom", Dev means "Divine or of God" Namo reaffirms humility and reverence. In all it means, "I call upon Divine Wisdom".

**MANGALA CHARN MANTRA**

*(Repeat 3 times)* **Aad Guray Nameh  
Jugaad Guray Nameh  
Sat Guray Nameh  
Siri Guru Dayvay Nameh**

*I bow to the Primal Wisdom. I bow to the Wisdom through the Ages. I bow to the True Wisdom. I bow to the great, unseen Wisdom*

[Aad Guray Nameh](http://www.spiritvoyage.com/mantra/Aad-Guray-Nameh/MAN-000020.aspx) is a very powerful mantra used for protection, to gain clarity, and to receive guidance from one’s highest Self. This mantra creates a protective field of energy around the person chanting, attracting abundance to them helping them live out their destiny.

**Mantras to Tune Out**

**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**

**May the Long Time Sun Shine upon you  
All love surround you  
And the pure light within you  
Guide your way on**

**Guide your way on**

**Guide your way on**

**BIJ or SEED MANTRA**

*(Repeat 3 times)* **Sat Nam** *(Long Sat, short Nam)*

Sat means the Truth; Nam means to call upon, name or identify with. Sat Nam means Truth is my identity and I call upon the eternal Truth that resides in all of us. Chanting this mantra awakens the Soul.