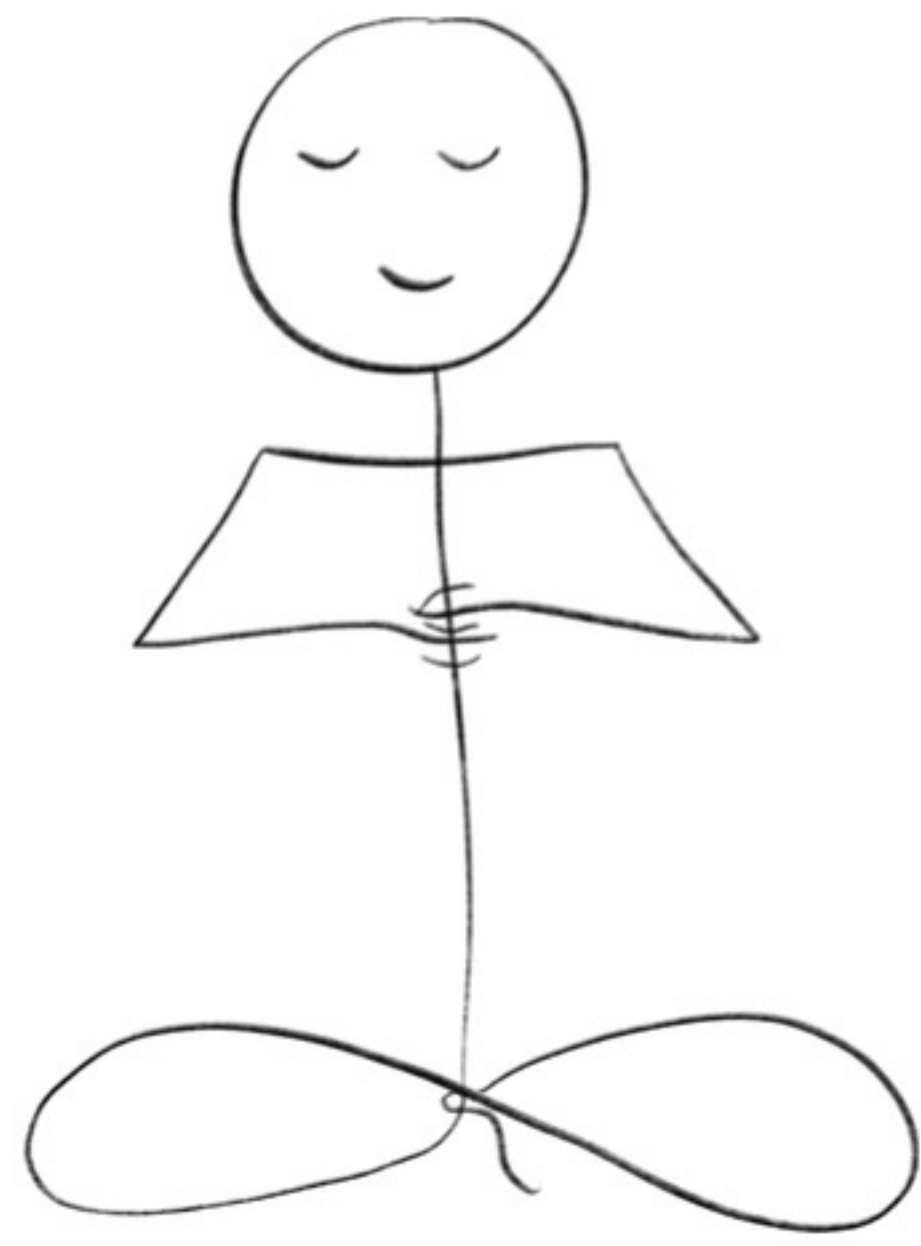


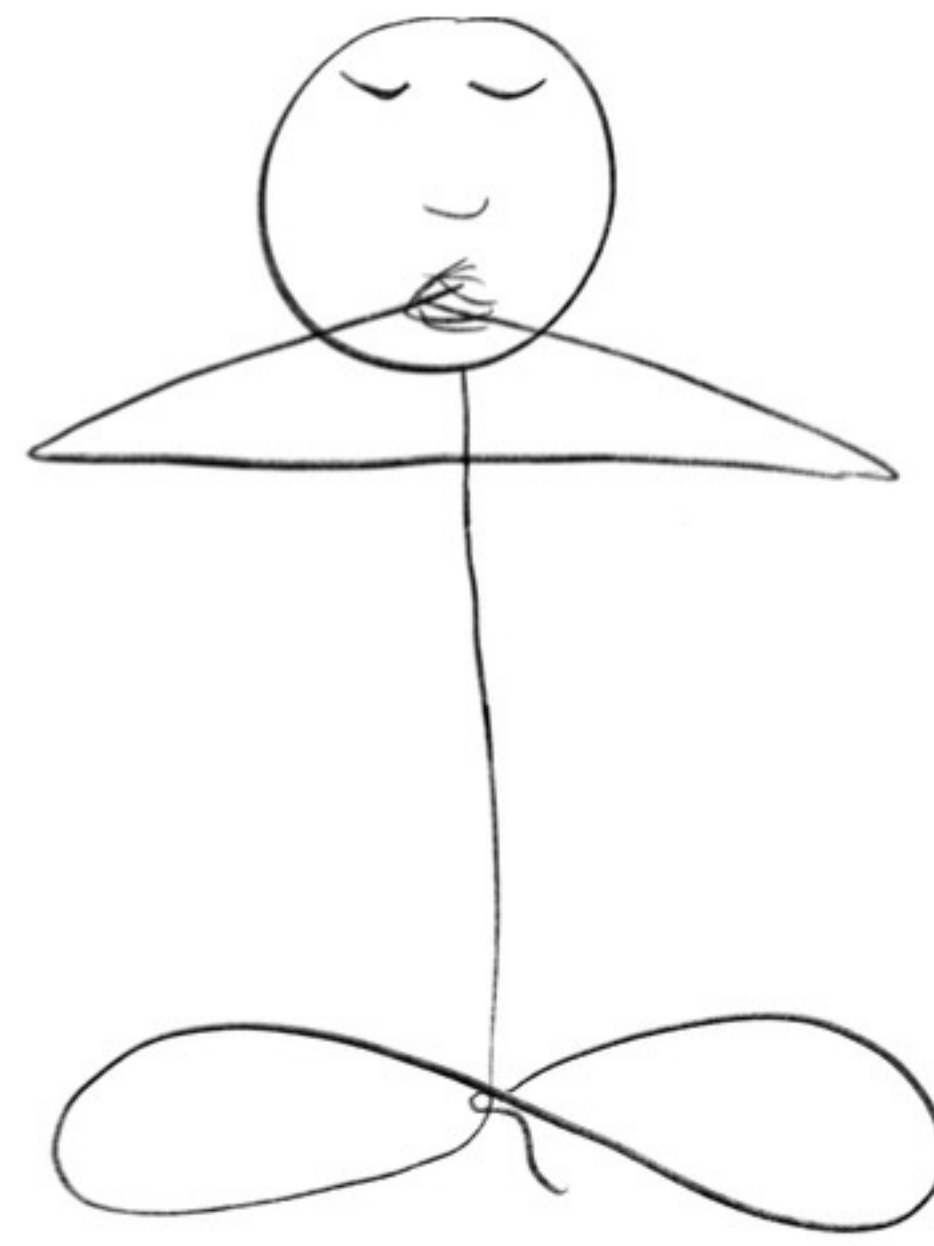
AN INTRODUCTION TO KUNDALINI GLOBAL

The Kundalini Global Opening Stretch

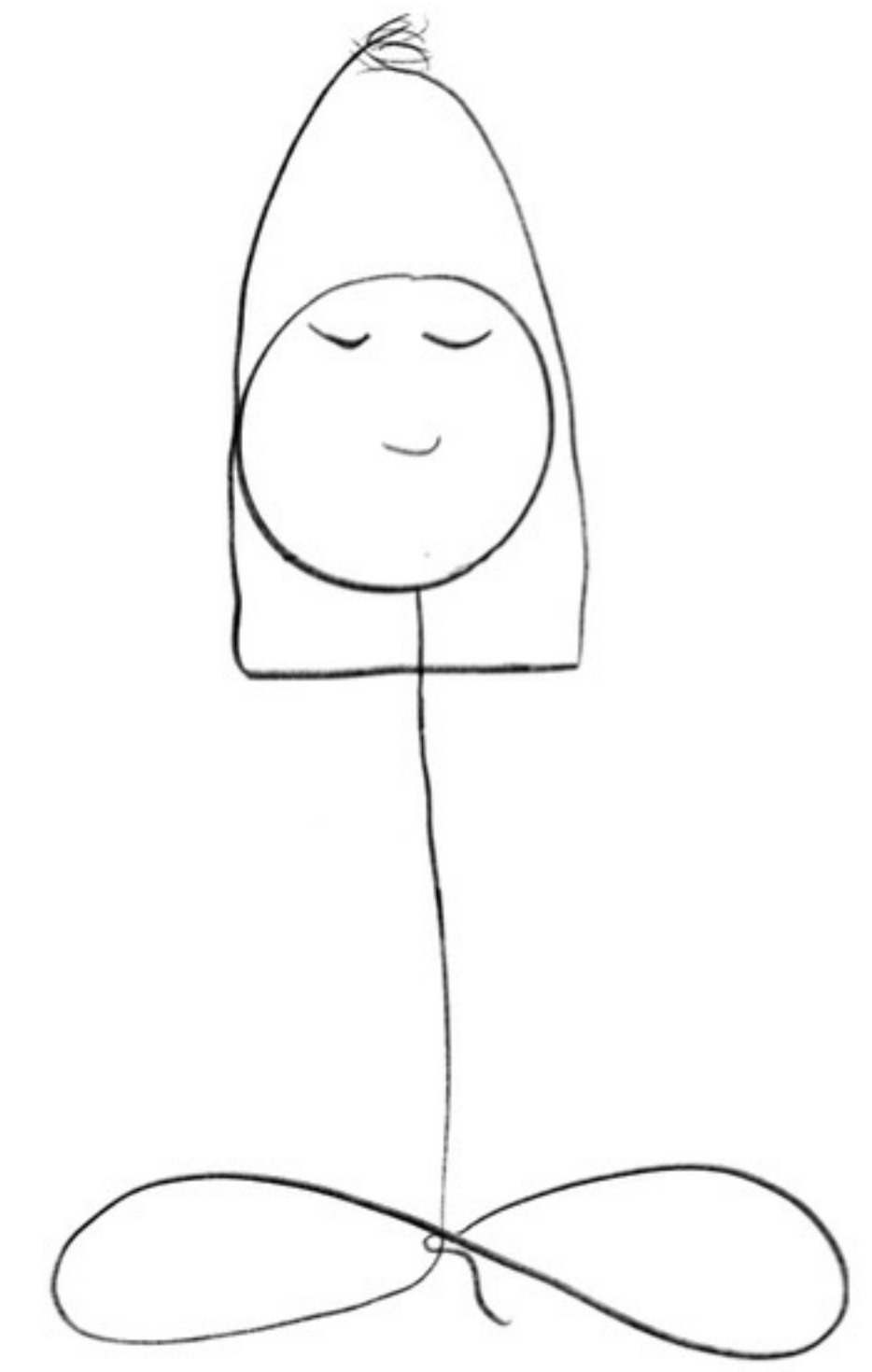
Sitting Tall and Straight, Eyes Closed



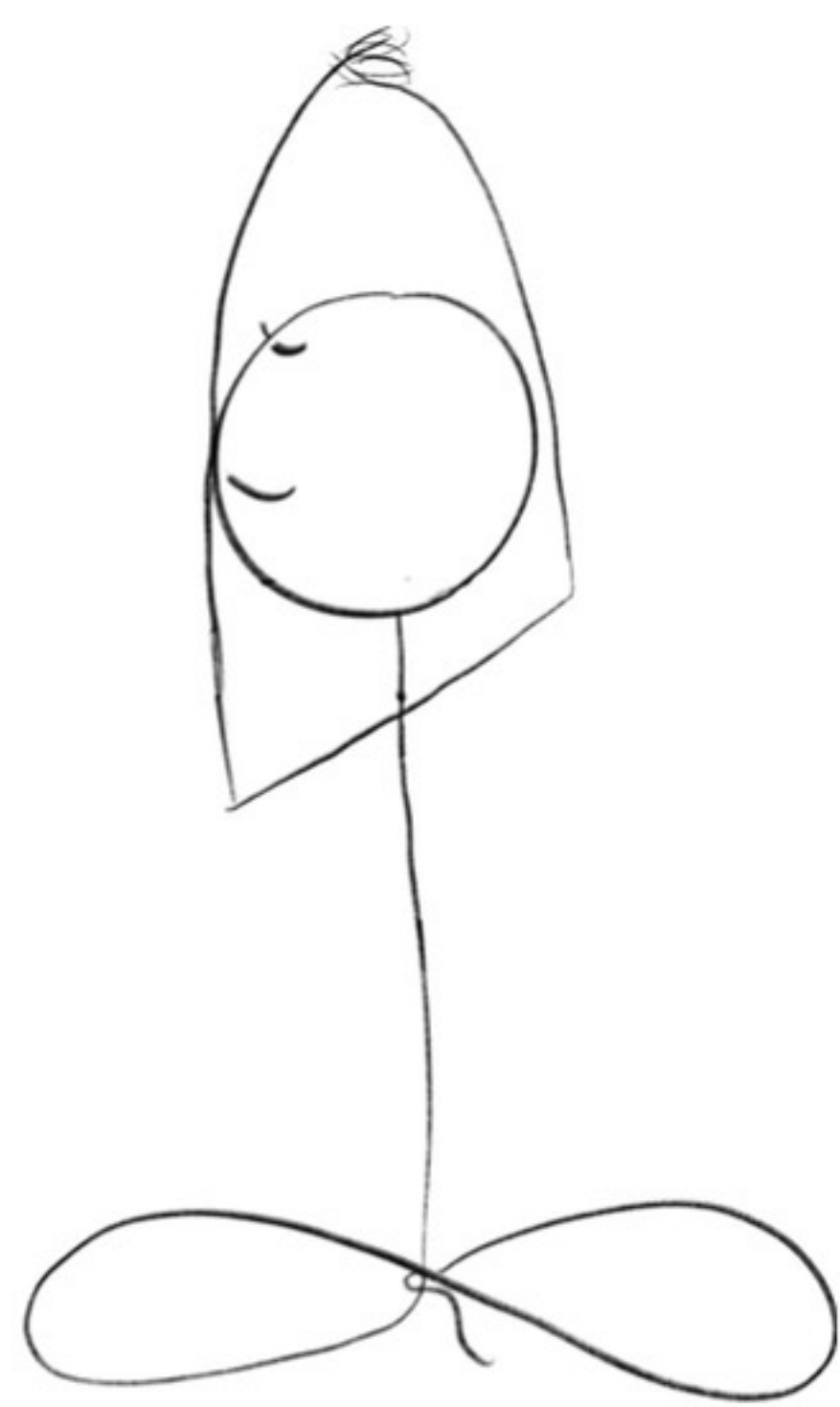
Interlock your hands in front of your heart and begin to pull them apart. Pull apart with enough force to create a thrum or vibration down your arms.



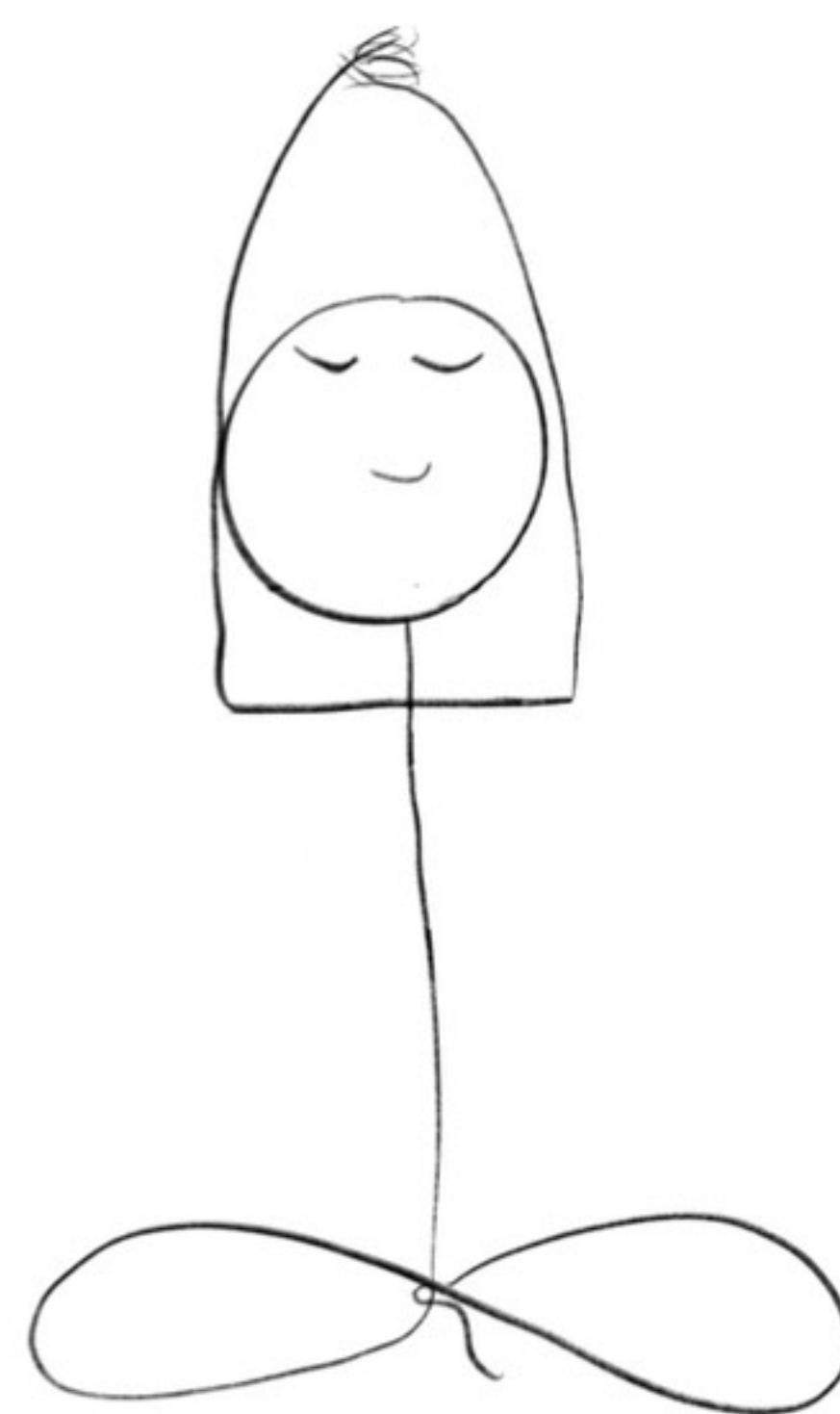
Keep breathing normally, and pulling apart, as you begin to raise your hands and arms upward, slowly raise the chest, raise the chin...



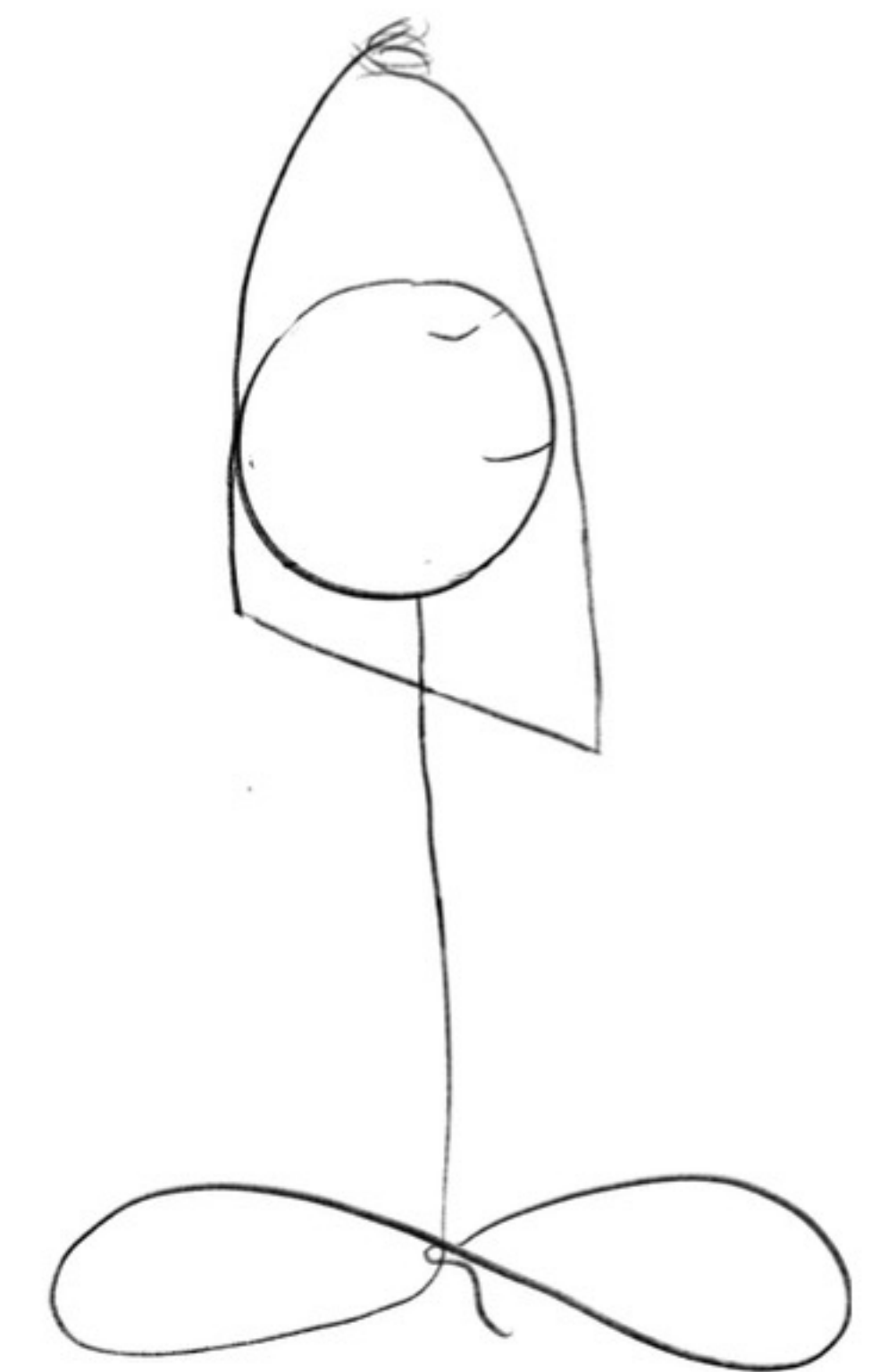
Bring your arms all the way up. Notice the stretch in the armpits as your palms come pressed up toward the ceiling. Chin still raised. Take a long deep inhale through the nose and hold.



Holding the breath, turn your entire upper body, including your head, as far as you can to one side. When you have turned as far as you can, exhale.



Come back to the centre. Long deep inhale.

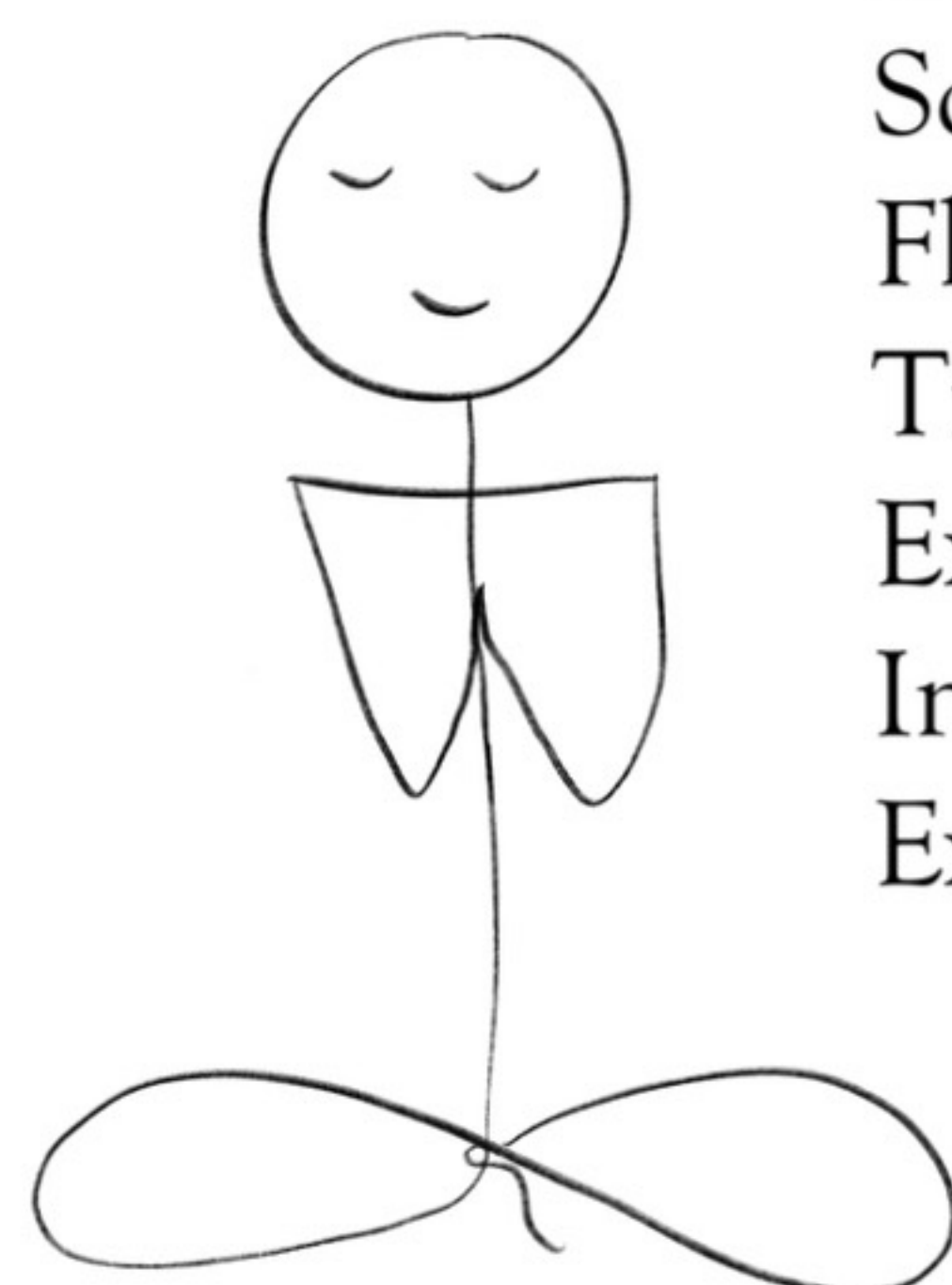


Holding the breath, turn your entire upper body, including your head, as far as you can to the other side. Exhale

The Body Locks

Holding and Containing Yourself.

Roll your shoulders down and back and bring your hands into prayer pose, or crossed on your chest with the left hand on the heart and the right hand on top.



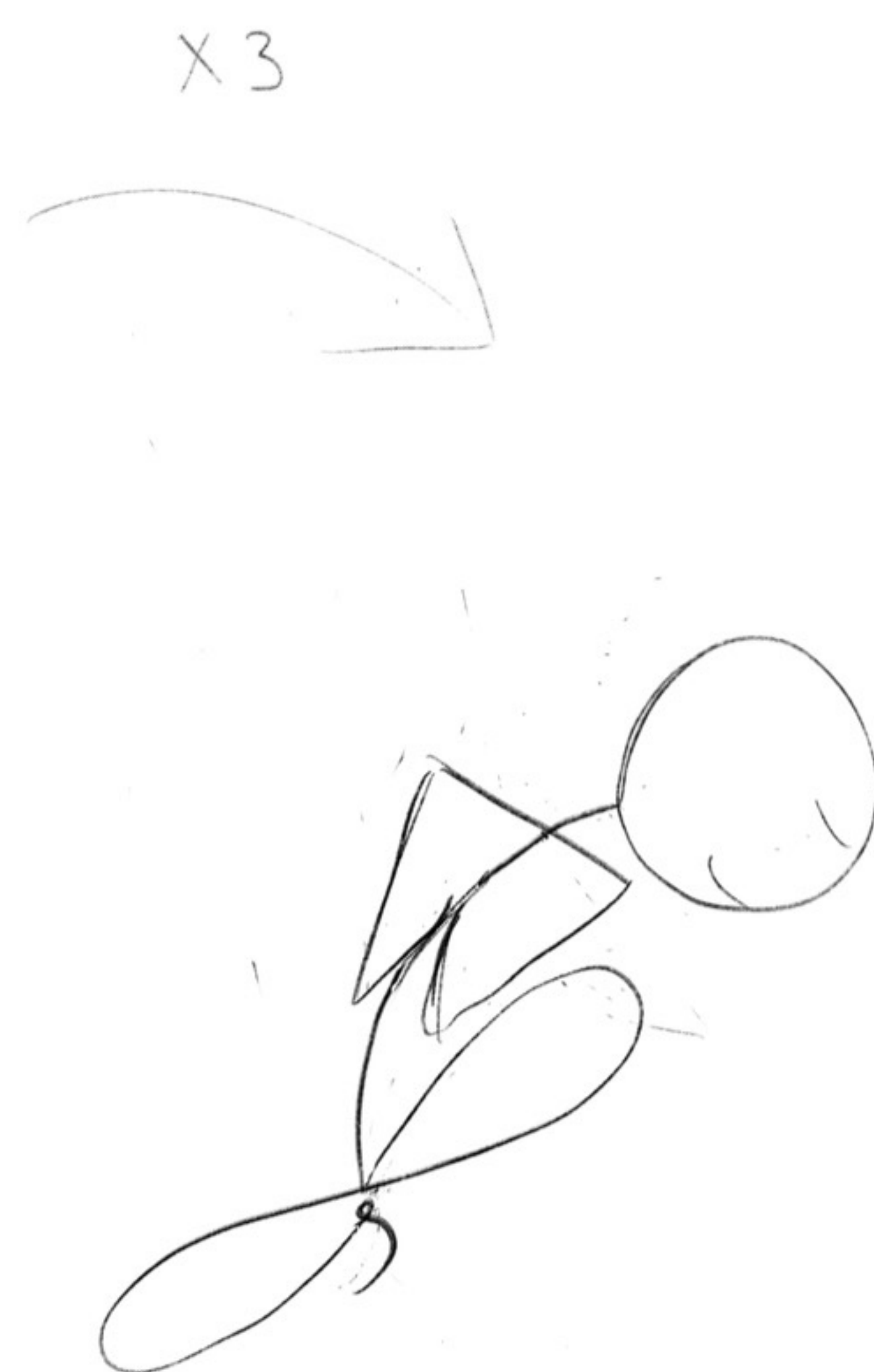
Inhale, hold the breath, pull the body locks: Squeeze anus, sexual organ, belly, the root lock. Flare the ribs and tighten under the ribs, the belly lock. Tighten the neck and drop the chin, the neck lock. Exhale. Repeat the locks with no air in the lungs. Inhale, hold, pull the locks. Exhale hold, pull the locks.

AN INTRODUCTION TO KUNDALINI GLOBAL

Opening a Sacred Space



Inhale.



Exhale.

Immediately after the body locks, inhale into a conscious awareness of your hands at your heart and, as you exhale, bow forward.

Bow forward to the internal Divine, whatever the means for you.

Inhale up.

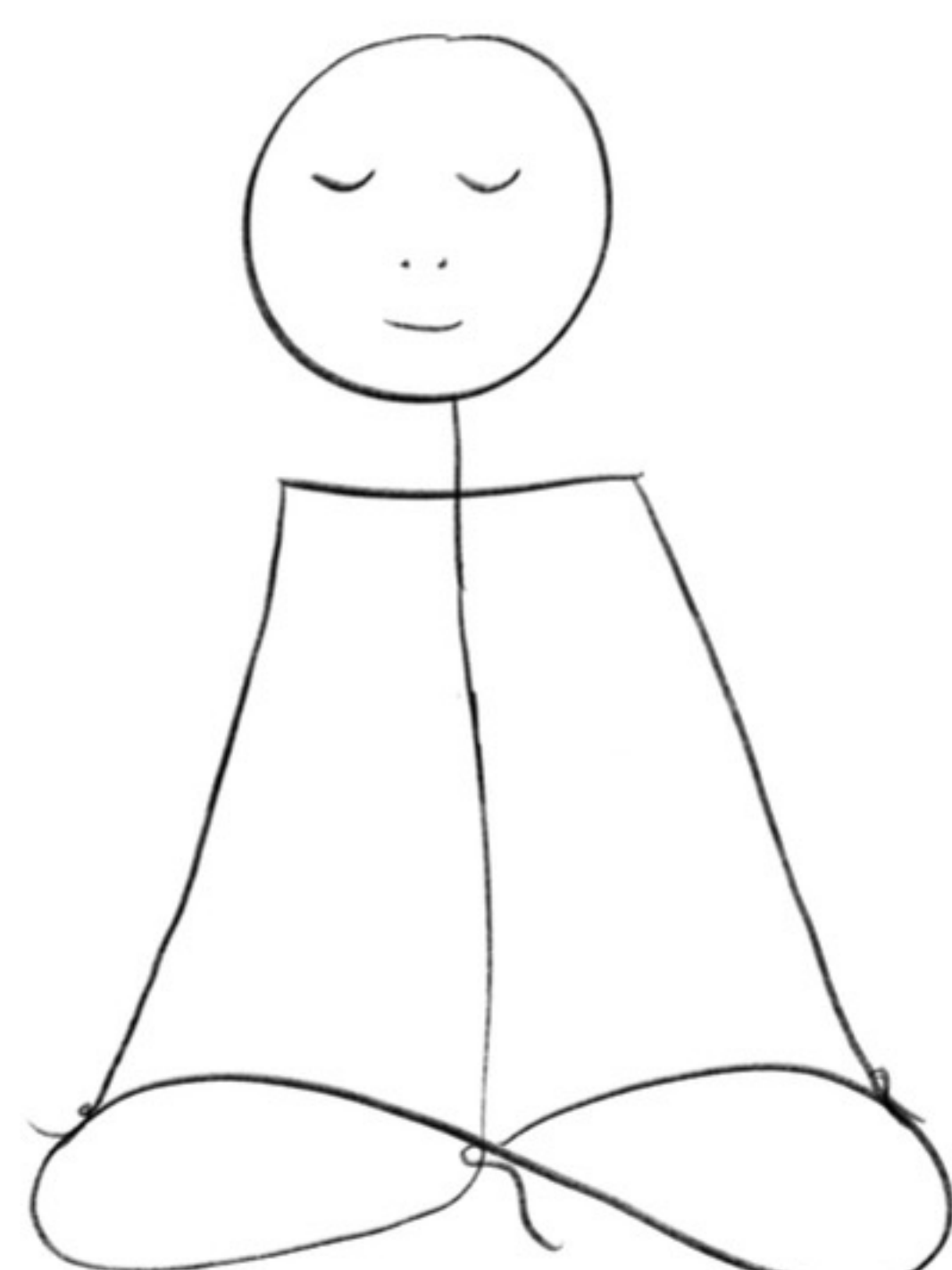
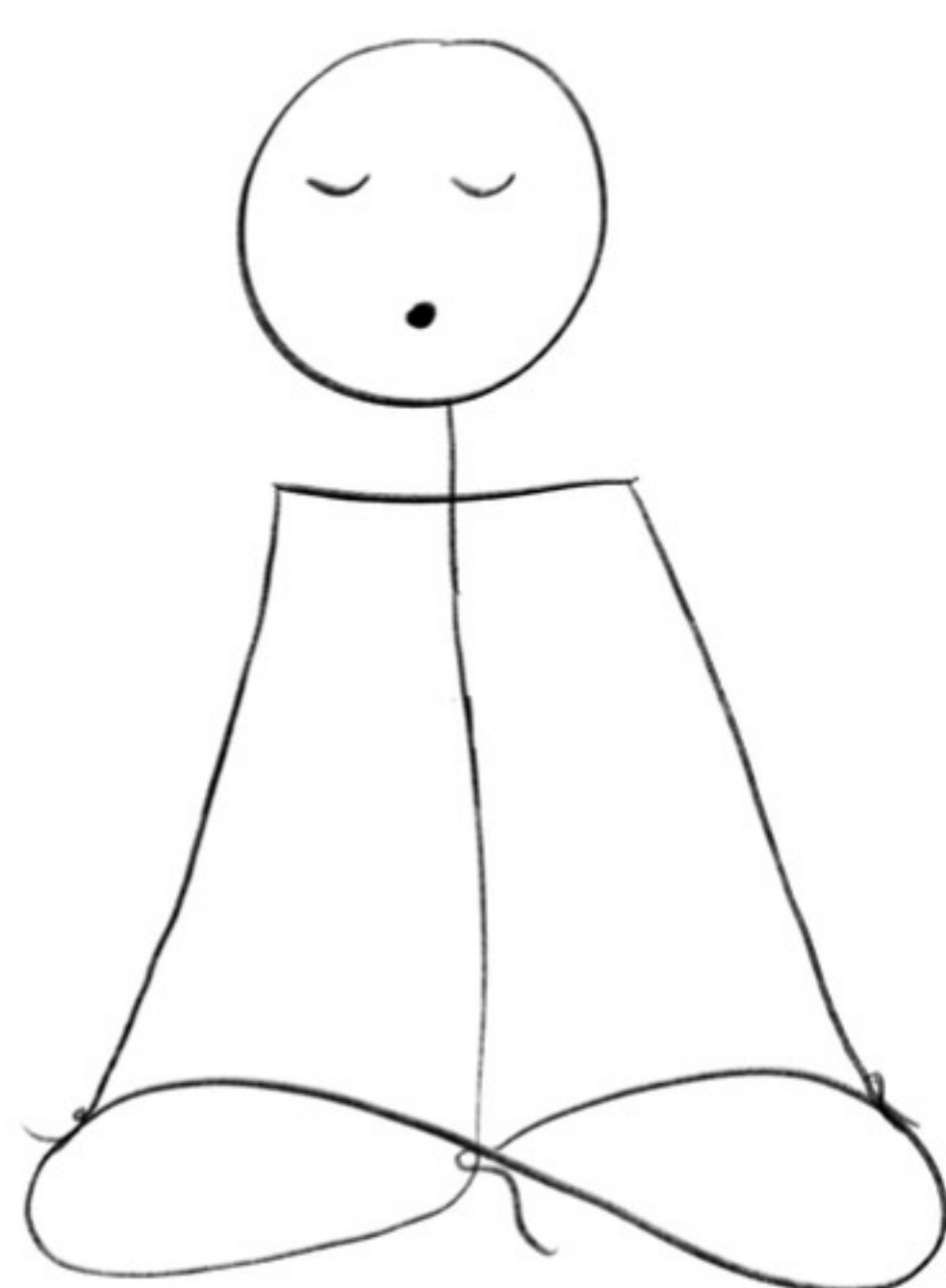
Exhale and bow forward to any external Divine of your understanding.

Inhale up.

Exhale and bow forward and third time as we open our space and set our intention for the session.

Breathwork

Kundalini Global classes will, most often, begin with breath practises that aid in further setting the stress system and landing you in presence, even before we have done any work with posture. Everyone begins a class from presence.



The invitation with breathwork is always to sit beautifully.

A simple example of a potent practice is 'Breath to Manage the Mind:'

Eyes closed.

Hands palm up on the knees or in Gyan Mudra.

Inhale silently and gently through tight lips.

Exhale slowly through the nose.

Continue for 3 minutes.