

## Kundalini Yoga Oefeningen thuis

### To Begin

Sit quietly and be with your breath. Consciously slow down the breath and breathe from the belly. Be with the sensations in your body. Tune into your own rhythm. Allow a few minutes to calm down, center yourself and create your own space.

### Tuning in

Before beginning Kundalini Yoga practice, always "tune in" by chanting the ADI MANTRA – Ong na mo guru dev na mo.

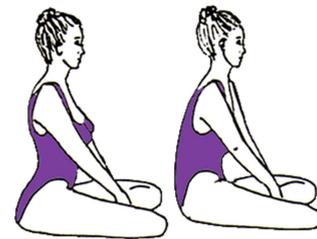
### Rotate the Pelvis

Do 26 rotations or 1-2 minutes in each direction.



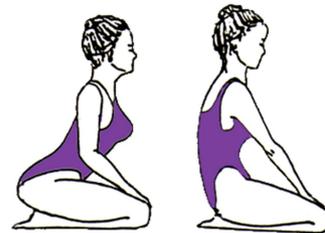
### Spinal Flex (lower back)

1-3 minutes or up to 108 times.



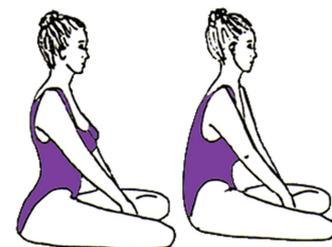
### Spinal Flex On Heels (middle back)

1-2 minutes.



### Spinal Flex Hands on floor or on knees (upper back)

1-3 minutes or up to 108 times.



### Neck Rolls

At least one minute in each direction. >>> rustig aan!



### Side Twists

Continue 1-2 minutes or 26 times.



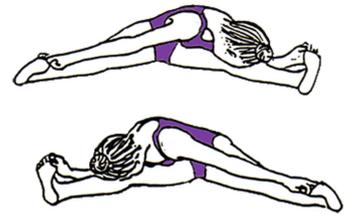
### Side Bends

1-2 minutes or 26 times.



### Alternate Leg Stretches

Continue with powerful breathing.  
1-2 minutes.



### Life Nerve Stretch

Breathe long and deep or do Breath of Fire.  
1-2 minutes each side.



### Cat Cow

1-3 minutes.



### Pick Me Up Exercise

Slowly repeat this lifting up and down movement a minimum of twelve times, synchronizing the breathing with the movement of the hips, for a maximum of 26 lifts.



### Relaxation

Deeply relax your back, hands to the side, palms facing up. Simply be with the sensations in your body and enjoy the feelings.



### Meditation

Sit quietly and meditate. Be present to the sensations in your body. Increase your awareness to include every part of your body and spine. Consolidate your presence by feeling all your sensations simultaneously for at least one minute at the end.

2-5 minutes or as long as you like.

*To end:* Inhale and exhale deeply 3 times. Raise your arms above your head, stretch your spine, shake your arms and send blessings to the world. Carry this feeling of blessings and gratitude with you throughout your day.

### Goals of Spinal Exercises

The goals of the spinal exercises are:

- to develop an AWARENESS of your spine
- to establish the spine as a FOCAL POINT for your attention
- to ACTIVATE and open the energy flow in the spine
- to ALLOW the energy to move and align itself.

