

Weekend 1 - September 16-17



**Kundalini Yoga Therapy
for Self-Healing
Mehtab and Guru Karam**

Meditation for a Calm Heart



Sitting comfortably in a chair or on the floor, rest the the left hand over the center of the heart chakra.

Raise the right hand in front of the shoulder, palm facing forward. Close the eyes.

Touch the right thumb to the index fingertip.

Inhale full and retain the breath in as long as is comfortable.

Exhale completely out and suspend the breath as long as is comfortable.

3-11 minutes

Inhale deeply, exhale completely. Repeat inhale and exhale two more times. Relax the hands down.

Relieves anxiety, promotes calmness and mental clarity.

Brings a clear perception to your relationships.

Strengthens lungs and heart. Creates breath awareness.

Kundalini Yoga Therapy Practices

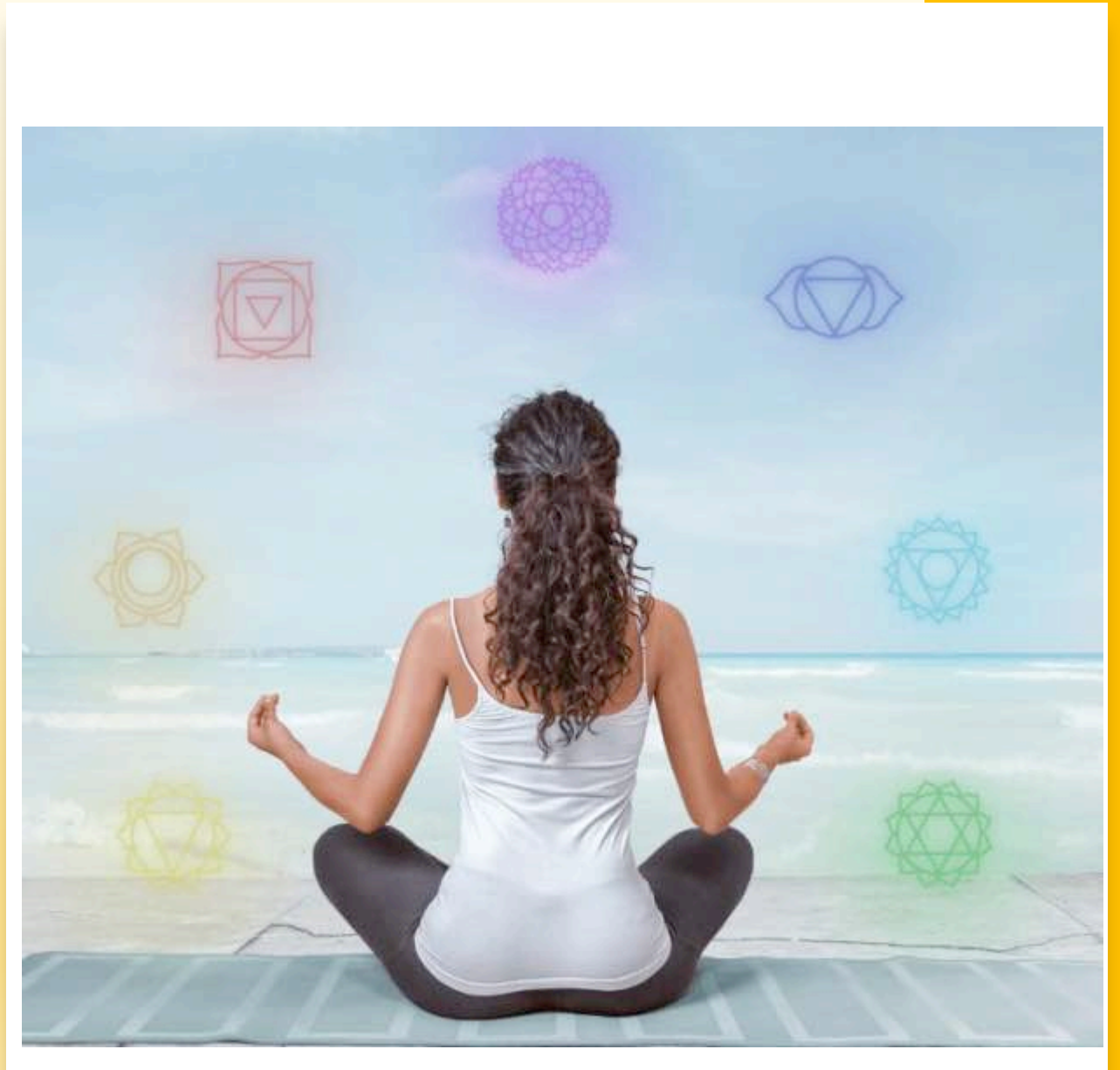


- Can be done in 3 to 11 minutes independently
- Are easily accessible for most people
- Can be modified for different populations
- Can be extended progressively and customized
- Can be used to create specific practice routines

Kundalini Yoga Daily Practices

Work with the three basic aspects of yogic healing:

- Chakras (Energy Centers)
- Tattvas (Elements)
- Vayus (Movement of Energy)



Yogi March

Standing with thumb tips touching index fingertips (Gyan Mudra).

Raise the arms out to the sides, upper arms parallel to the floor, lower arms perpendicular, with palms turned toward head.

Inhale both arms straight up and raise one knee up. Exhale, lower arms and leg.

Repeat opposite leg, inhale arms and knee up, exhale down. Continue with a **strong** breath.

1 - 11 minutes

Clears the lungs, strengthens the heart, aids balance, increases vitality and circulation, integrates the brain hemispheres, opens the navel point, overcomes fatigue and depression.



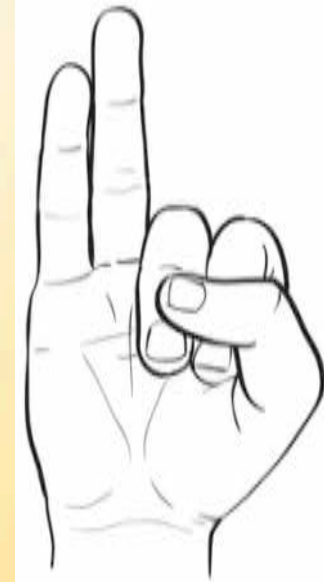
Kundalini Yoga Therapy for Specific Conditions

- Depression
- Sleep and Eating Disorders
- Addictions and Substance Abuse
- Anxiety
- Fatigue
- Hypertension
- Pain Management
- Weakened Immune System
- Respiratory Function
- Memory and Cognitive Function
- Glandular Disorders
- Post-Traumatic Stress Disorders
- Obsessive-Compulsive Behavior
- Attention Deficit Disorder

Mudras for Managing Anxiety

Wind (Vaya) Mudra

Touch the index finger to the base of the thumb and hold the index finger down. Extend the other fingers.



Vata Nashak Mudra

Place the tips of the index and middle finger at the base of the thumb and press them gently down with the thumb.

Meditation to Tranquilize the Mind

Touch the tips of the middle fingers together and bend the index fingers in toward the palm so the middle joint of both index fingers completely touch.

Touch thumb tips together. Ring fingers and small fingers curl toward the palms and do not touch.

Relax the hands in front of the heart so index fingers **point away from the body**. Eyes are closed and may look toward the tip of the nose.

Inhale and retain the breath in. Silently repeat SAT NAM for 11 times at a comfortable pace.

Exhale and suspend the breath out. Silently repeat SAT NAM for 11 times at the same comfortable pace.

3 minutes



Segmented Breath for Anxiety Relief



Sitting comfortably in a chair or on the floor, begin this breathing pattern:

Inhale in 4 segments, pausing slightly after each segment. Allow the breath to slow.

Exhale in 8 segments, pausing slightly after each segment.

To end, inhale deeply, hold briefly. Exhale. Inhale deeply, hold a little longer and roll the shoulders as quickly as you can. Exhale, relax.

3-11 minutes

Research Reference: "Efficacy of Yoga for the Treatment of Generalized Anxiety Disorder." JAMA Psychiatry, August 20, 2020

Kundalini Yoga Foundational Practices

Breath of Fire

Spinal Flex

Sat Kriya

Kirtan Kriya

(Sa Ta Na Ma Meditation)



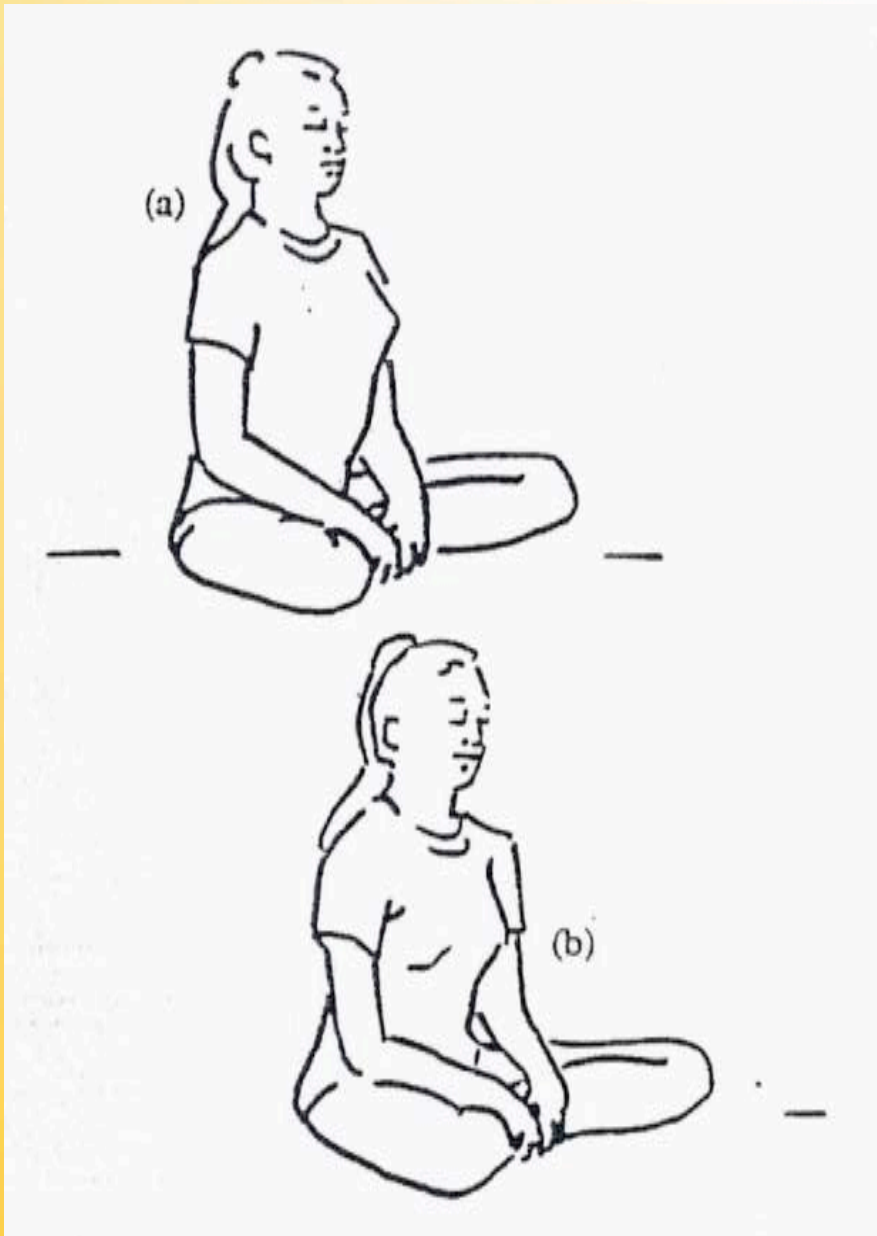
Kundalini Yoga Daily Practices

Work with the three basic processes of Kundalini Yoga:

- Flexibility of the Spine
- Strengthening the Navel Point
- Building the Aura



Basic Practices: Spinal Flex



Sitting on the floor, hold above the ankles.

Or sitting straight in a chair with feet flat on the floor, place the hands on the thighs.

Inhale, press the chest slightly forward and up (a).

Exhale, flex the spine back (b). Keep the head level.

To end, inhale to the center. Exhale, relax.

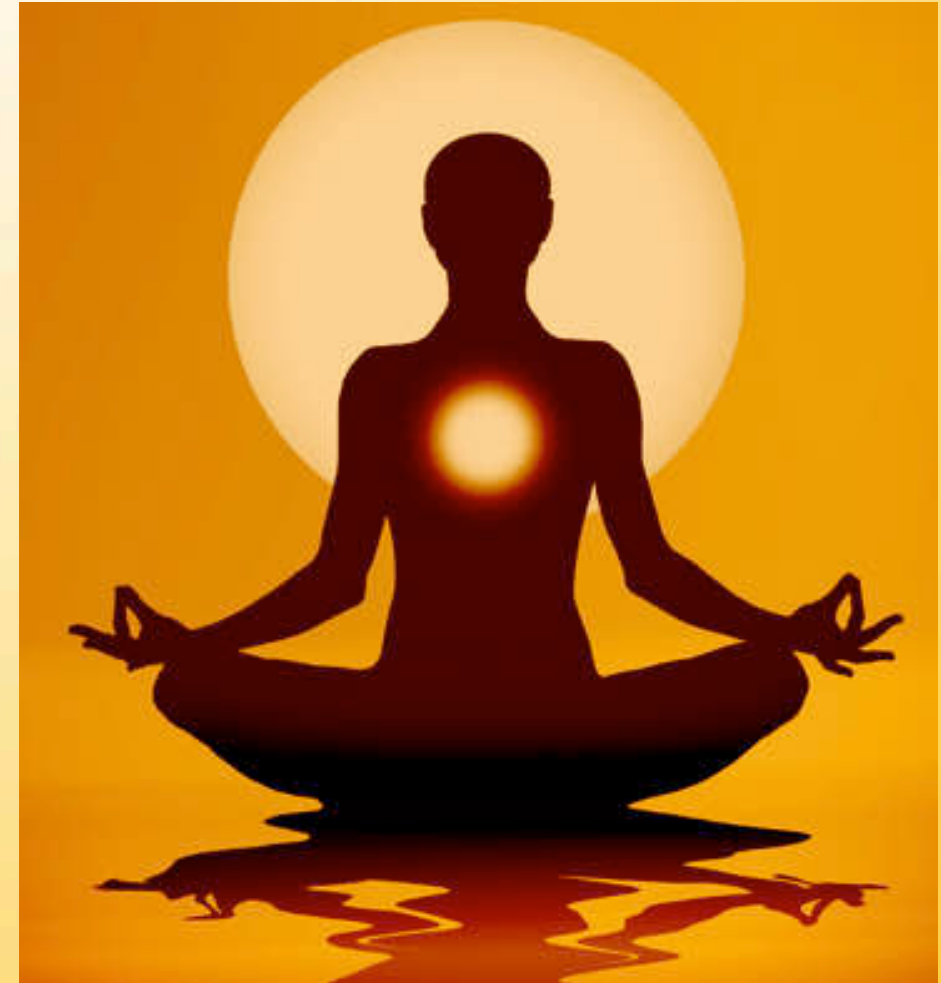
Eyes are closed.

1-3 minutes (up to 11 minutes as a kriya)

A 1973 study at the University of California (Davis) discovered that spinal flex alters the proportions and strengths of the alpha, theta, and delta brain waves and creates a state of calmness.

Breath of Fire

1. Breath of Fire is rapid, rhythmic, and continuous. It is equal on the inhale and the exhale, with no pause between them. (Approximately 2-3 cycles per second.)
2. Breath of Fire is powered from the Navel Point and solar plexus. To exhale, the air is expelled through the nose, by pressing the Navel Point and solar plexus back toward the spine. This feels automatic if you contract the diaphragm rapidly.
3. The inhale comes in as part of relaxation rather than through effort; the upper abdominal muscles relax, the diaphragm extends down, and the breath naturally comes in to fill the vacuum created by the exhale.
4. The chest stays relaxed and slightly lifted throughout the breathing cycle.



Breath of Fire Health Benefits

Summary from WebMD

- Expanding lung capacity and activating regions of lungs not typically used
- Strengthening vital strength and nervous system
- Increasing resistance to stress
- Restoring balance to sympathetic and parasympathetic nervous systems
- Strengthening abdominal muscles
- Increasing endurance for physical activities
- Energizing blood with additional oxygen
- Gaining control over impulses
- Increasing delivery of oxygen to brain, providing a higher ability to focus
- Boosting immune system to prevent illness and disease

Breath of Fire Research

Relieves Stress

International Journal of Yoga (Jul-Dec 2013)

Supports Respiratory Function

Journal of Clinical and Diagnostic Research (Dec 2014)

Enhances Concentration and Mindfulness

International Journal of Yoga (Jan 2014) & (Sept 2017)

Improves Digestion and Abdominal Health

Evidence-Based Complementary and Alternative Medicine (Jan 2015)

Creates a Relaxation Response for Heart Health

International Journal of Cardiology (May 2004)

Breath of Fire Series: Balancing the Elements

Sit in a relaxed meditative position with eyes closed.

Touch the thumb tip to the index fingertip.

Begin Breath of Fire for 1 to 7 minutes.

Continue Breath of Fire without stopping and touch the thumb tip to each successive fingertip for the same amount of time (1 to 7 minutes for each finger).

After touching all 4 fingers with a continuous Breath of Fire, inhale and retain the breath comfortably.

Circulate the energy. Exhale and relax.

Meditate on the natural flow of breath for 1 to 3 minutes.

5–31 minutes total time



Breath of Fire Guidelines

Breath of Fire is rapid, rhythmic, and continuous. It is equal on the inhale and the exhale, with no pause between them. (Approximately 2-3 cycles per second.)

Breath of Fire is powered from the Navel Point and solar plexus. To exhale, the air is expelled through the nose, by pulling the Navel Point and solar plexus back toward the spine. This feels automatic if you contract the diaphragm rapidly.

The inhale comes in as part of relaxation rather than through effort; the upper abdominal muscles relax, the diaphragm extends down, and the breath naturally comes in to fill the vacuum created by the exhale.

The chest stays relaxed and slightly lifted throughout the breathing cycle.

When done correctly, there should be no rigidity in the hands, feet, face, or abdomen.

Comments:

Some people find it easy to do the Breath of Fire for 10 minutes right away. Others find the breath creates an initial dizziness or giddiness. If this happens, take a break. Some tingling and lightheadedness are normal as your body adjusts to the new breath and stimulation of the nerves. These symptoms may be from toxins and other chemicals released by the breath technique.

Breath of Fire

Hints and Contraindications

From Kundalini Research Institute

Breath of Fire while pregnant or during the first day or two of the menstrual cycle is not advised.

Some tingling sensations and lightheadedness are normal as the body adjusts to the stimulation of the nerves.

Sometimes these symptoms are the result of toxins being released.

Symptoms may be relieved by drinking water and a lighter diet.

Begin practicing for 1-3 minutes

(May be gradually increased to 31 minutes)

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**Kundalini Yoga Therapy
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Spinal Flex

With Breath Variations



Also known as **Kriya for Aerobic Capacity**.
Contraindications include uncontrolled high blood pressure, glaucoma, recent eye surgery, or feeling of excessive pressure in head area.

1 - Breath Retention

Place the hands over the knees with elbows locked. Press the tongue against the roof of the mouth. Inhale, retain the breath and flex the spine

When you need to exhale, come to center. Exhale. Inhale again, retain breath, repeat flexing the spine.

3 minutes (up to 11 minutes)

To end, inhale center. Hold. Exhale, relax.

- *Helps the kidney, adrenal, and sex organs.*
- *Increases the efficiency of the lungs in bringing oxygen into the blood.*
- *Pressurizes the heart to regulate itself..*
- *Maintains your vital capacity as you age.*

Spinal Flex With Breath Variations

2 - Breath of Fire

Perform spinal flex as usual using begin breath of fire. The inhale and exhale may be quicker than the movement of the spine.

3 minutes

Inhale center, hold briefly. Exhale relax.

Excellent for strengthening the sympathetic nervous system and increasing vitality.

3 - Long Deep Breathing

Perform spinal flex by inhaling slowly as you flex the spine 3 to 5 times.

Exhale slowly as you flex the spine 3 to 5 times. The inhale and exhale are equal in length. Do not hold the breath.

3 minutes

Inhale center, hold briefly. Exhale relax.

Excellent for strengthening the parasympathetic nervous system and increasing lung capacity.

High Blood Pressure

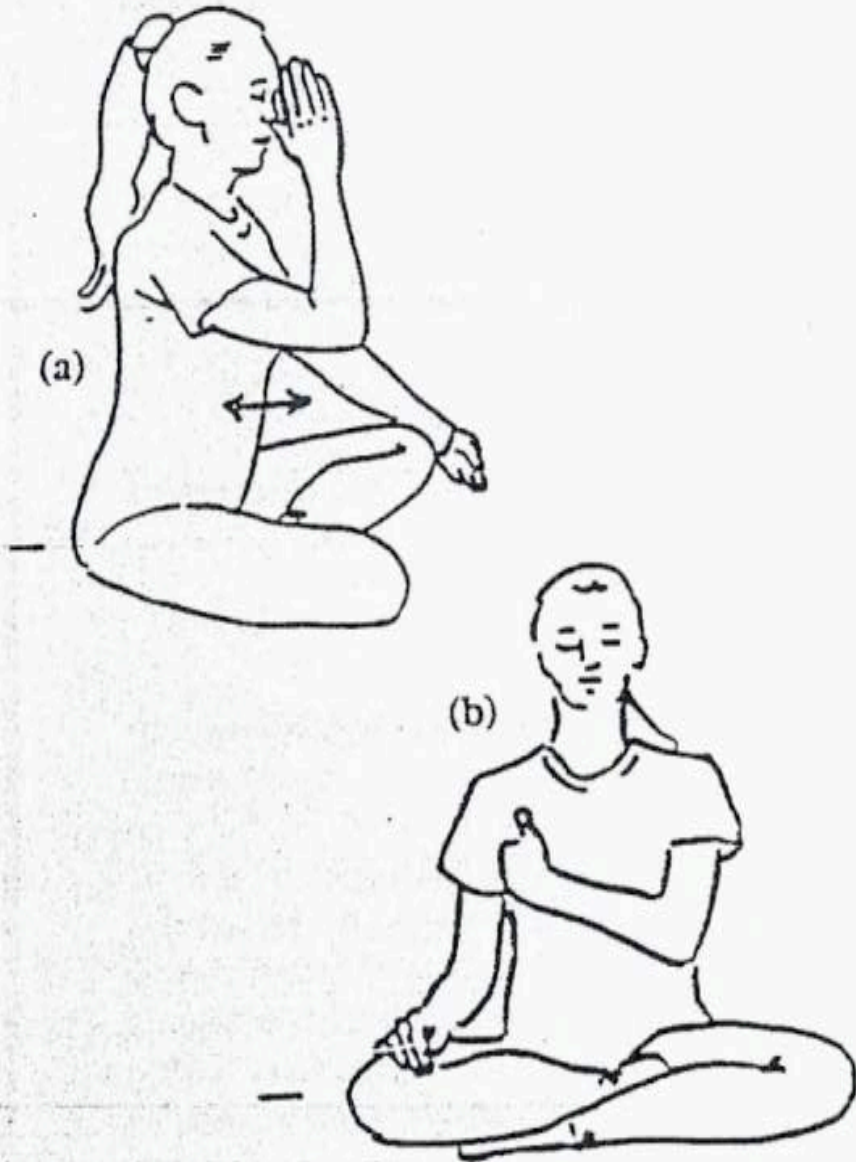
Sitting comfortably in a chair or on the floor, block the right nostril with the thumb.

Breath of fire by **strongly** only through the left nostril.

1-3 minutes

To open the right nostril, place the right hand under the right armpit and press right hand with shoulder.

*This may also be done with **normal** left nostril breathing t for 11 minutes for chronic high blood pressure problems.*



Low Blood Pressure

Sitting comfortably in a chair or on the floor, block the left nostril with the thumb.

Breath of fire by **strongly** only through the right nostril.

1-3 minutes

To open the right nostril, place the right hand under the right armpit and press left hand with shoulder.

*This may also be done with **normal** right nostril breathing for 11 minutes for chronic low blood pressure problems.*



Mudras for Managing Blood Pressure

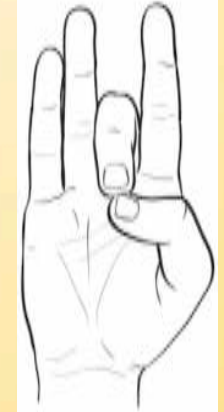
Gyan Mudra (High)

Touch thumb to index fingertip. Extend the other fingers.



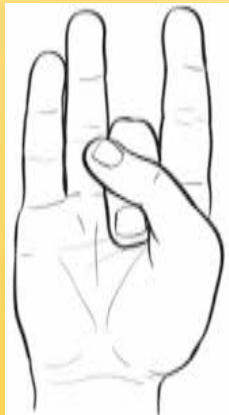
Shani Mudra (High)

Touch thumb to middle fingertip. Extend the other fingers.



Sky Mudra (Low)

Place middle finger at base of the thumb and press gently down with the thumb.



Prana Mudra (Moderates)

Touch thumb tip to tips of the ring finger and little finger. Extend index and middle finger.



Hakini Mudra (Third Eye Mudra)



Benefits

Improves memory, increases perception, integrates the hemispheres of the brain, balances the five elements, and deepens respiration. Strengthens the sixth chakra (third eye).

Technique

Touch the tips of the fingers and thumbs together. Allow the little fingers and thumbs to pull slightly away from the other three fingers.

Traditional Ayurvedic Treatment

Memory loss, irregular breathing, bipolar episodes.

Meditation to Reduce Hypertension

High Blood Pressure



Place fingertips together forming a teepee (Hakini Mudra) at the heart level.

Eyes are almost closed with the focus at the brow point or tip of the nose.

Apply reasonable pressure to fingers and thumbs.

Inhale through the mouth through slightly rounded lips as if drinking through a straw.

Exhale slowly through the nose.

3 to 11 minutes

Kirtan Kriya – Sa Ta Na Ma

The Foundational Meditation of Kundalini Yoga

The Kirtan Kriya meditation is one of the unique and most important practices of Kundalini Yoga.

There are multiple benefits ascribed to this kriya and, most importantly, recent research has shown that this practice can reduce stress levels and increase brain activity in areas associated with memory.

This is the one single therapeutic practice of Kundalini Yoga that brings benefits to everyone.

There has been extensive research around the results of practicing this meditation:

<https://alzheimersprevention.org/downloadables/White Paper.pdf>



Kirtan Kriya Research and Benefits

*There are over 300 research papers and scientific articles referencing **Kirtan Kriya**. Here is one summary:*

Benefits of 12 Minutes a Day of Kirtan Kriya

Effects

1. Increased Energetics
2. Improved Epigenetics
3. Increased Synaptic Function
4. Increased Gray Matter Volume
5. Upregulation of Immune Function
6. Reduces Multiple Risk Factors for AD
7. Increased Telomerase/Telomere Length
8. Down Regulation of Inflammatory Genes
9. Increased Cerebral Blood Flow to Significant Brain Areas

Outcomes

1. Less Stress
2. Better Sleep
3. Less Inflammation
4. Increased Well Being
5. Reversal of Memory Loss
6. Increased Spiritual Fitness
7. Enhanced Executive Function
8. Improved Memory in SCD, MCI, early AD
9. Enhanced Mood with Less Anxiety and Depression

Saa Taa Naa Maa

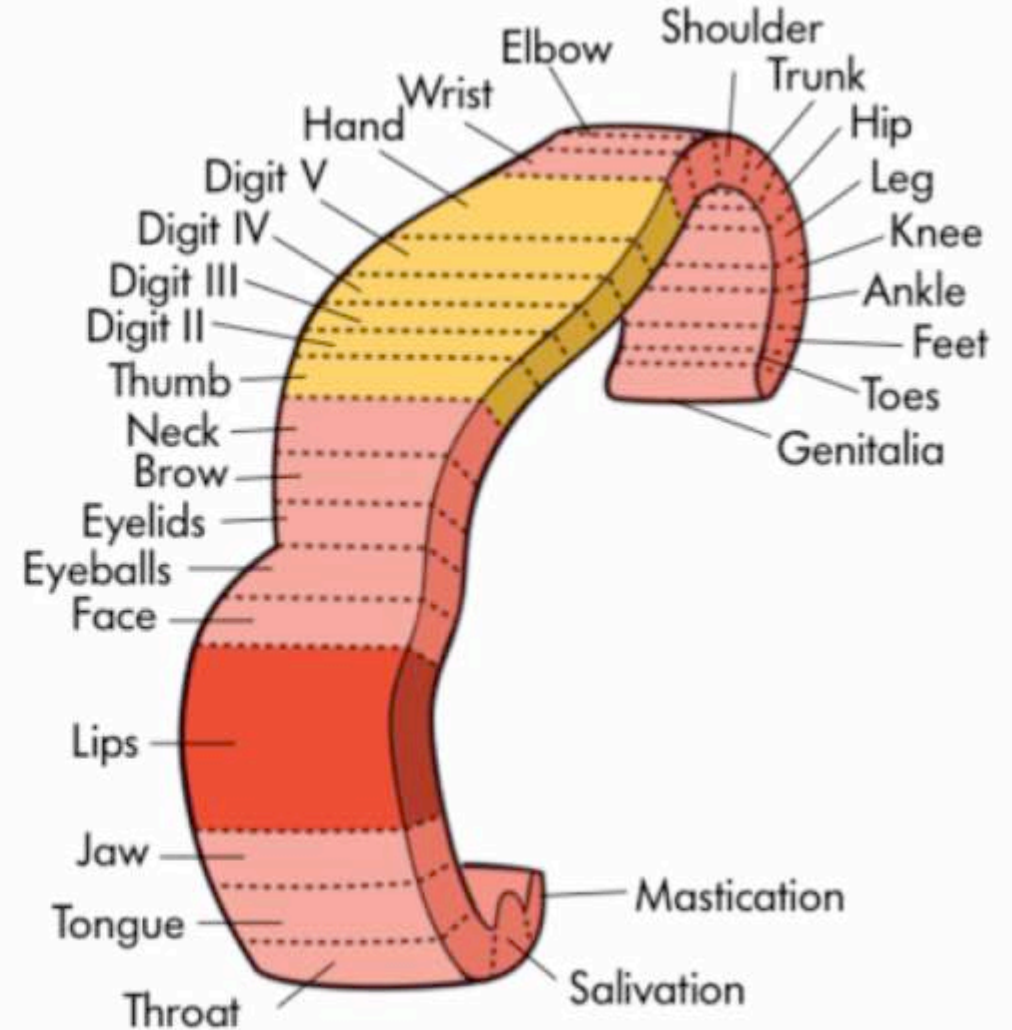
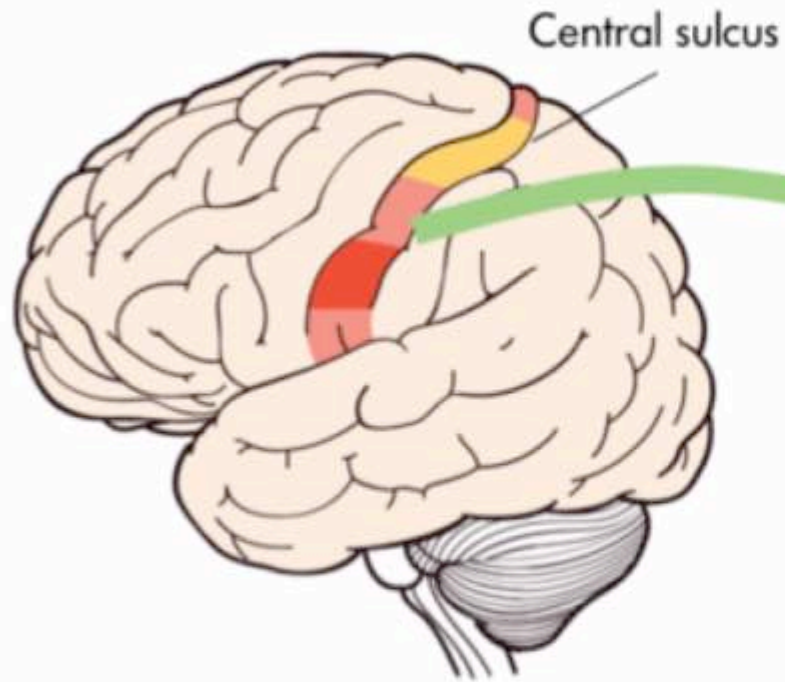


The sound and movement of the tongue begin at the back of the mouth and end at the lips, stimulating the hard and soft palate in a rolling movement and rhythm.

Primal Sounds and Sanskrit Energetics

- AA** – Long Vowel A
Self manifested as Bliss
Releasing, relaxing, revitalizing
Expands and releases the prana
- SA** – Sibilant Sound
Initiate, inhale, set in motion
Stimulates energy, awakens Kundalini Shakti
Activates nervous system and spine
- TA** – Cerebral Consonant
Extends, propels, horizontal movement
Building, sustaining, foundational
When combined with **SA** creates stability
- NA** – Dental Consonant
Projection, force, form
Bowing, moving, resonating
Recognizing, honoring, naming
- MA** – Labial Consonant
Soothing, softening, nurturing
Divine feminine grace
Improves the emotions, calms, opens heart

Brain Area and Fingers



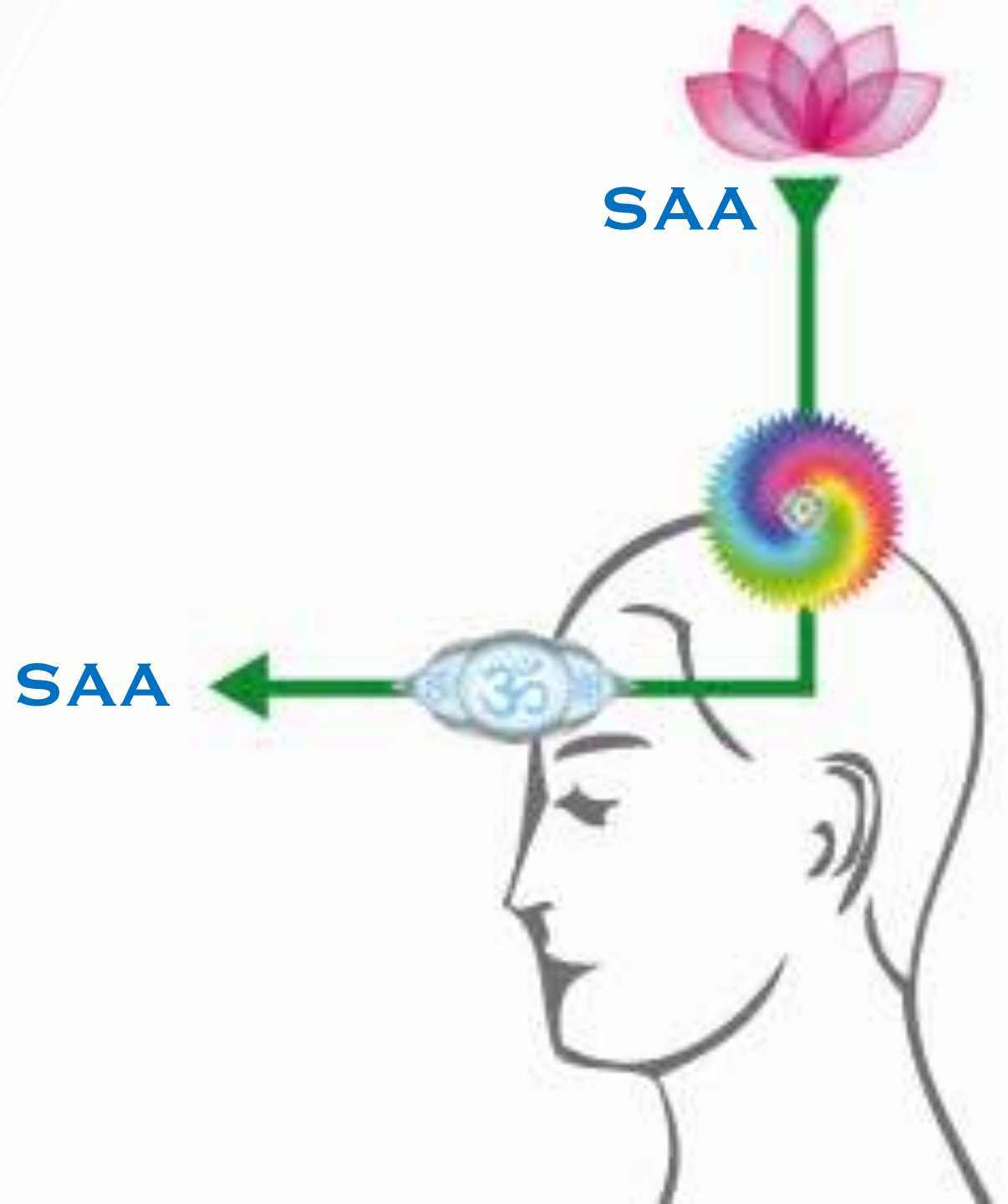
Kirtan Kriya Visualization

Visualize each sound entering the top center of the head down into the pineal gland, and then project the sound outward through the pituitary gland and brow point.

This is the energetic pathway and connection between the pituitary and pineal gland in the head, known as the Golden Cord, or the "L" form of visualization.

Meditation for Silent Clearing

Silently chant mantra in this form: "**Sa-a Ta-a Na-a Ma-a**". Each "-a" extends the sound. Visualize each initial sound entering the top center of the head down into the pineal gland, and then project the "-a" outward through the pituitary gland and brow point.



Kirtan Kriya Short Version

(11-12 minutes)

In a comfortable position, relax the hands palms up. Focus at the brow point (third eye) as you chant the sound **SAA TAA NAA MAA**.

With each sound, touch thumb tip to a fingertip:

Saa, touch the index finger

Taa, touch the middle finger

Naa, touch the ring finger

Maa, touch the little finger

Repeat. Each cycle takes about 4 seconds



Begin chanting in a normal voice for approximately **2** minutes; then whisper for **2** minutes; then chant silently for **4** minutes. Then back to a whisper for **2** minutes, then aloud for **2** minutes.

The entire sequence is **12** minutes (or **11** minutes if using **1 minute 50 second** timing for normal voice and whisper and **3 minutes 40 second** timing for silent). Follow with **1 minute** silent meditation.

Stretch the spine, with hands up and fingers wide, taking several deep breaths.



Kirtan Kriya

Protection and Projection From the Heart

(3-11 minutes)



Sitting comfortably, rest the the left hand over the heart chakra.

Raise the right hand in front of the shoulder, palm facing forward. Close the eyes.

Touch the right thumb to the four fingertips as in regular Kirtan Kriya.

The mantra is only chanted out loud.

3-11 minutes

Inhale deeply, exhale completely.

This short practice variation brings a sense of calm, centeredness, protection, and peace in 3 minutes.

Cross Heart Kirtan Kriya

To Process the Past and Build Security

(3-11 minutes)



Perform the classic Kirtan Kriya meditation with these variations:

Cross the forearms, below the wrists, and in front of the chest.

Arms out slightly, palms up and lightly tilted toward the chest.

Focus at the **tip of nose**.

Chant Saa Taa Naa Maa **out loud or in a soft voice at same level** throughout the meditation.

This meditation balances the hemispheres of your brain, allows the past to be processed and released, eliminates insecurities.



Trinity Sadhana

Daily Practice Series #1

- Breath of Fire (1-3 min)
- Spinal Flex (1-3 min)
- Kirtan Kriya (3-12 min)

Energizing and Balancing

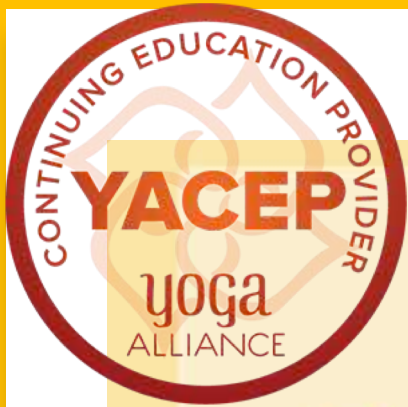
Excellent for Morning

Total Time 6-18 minutes

Optional Homework (3-11 min)

Practice one of the meditations for anxiety





Yogi Mehtab

Kundalini Yoga Therapy for Self-Healing

Austin, TX or Online



Five weekends September 16 - November 12