

AUDI GOZLAN'S



**KABALAH YOGA
WORKSHOP**















**A GUIDE TO
PHYSICAL MOVEMENT AND MEDITATION
FOR MIND, BODY AND SOUL**


Radi Gazlan's
Kabalah Yoga Hebrew Letter Energy Chart


<p><i>Breath</i> Heih H</p>	<p><i>Devotion</i> Dalet D</p>	<p><i>Kindness</i> Gimel G</p>	<p><i>Idleness</i> Bet B</p>	<p><i>Peace</i> Alef A</p>
<p><i>Humility</i> Yud Y</p>	<p><i>Goodness</i> Tet T</p>	<p><i>Vitality</i> Chet CH</p>	<p><i>Balance</i> Zayin Z</p>	<p><i>Wholeness</i> Vav V</p>
<p><i>Understanding</i> Lamed L</p>	<p>Energy אנרגי</p> <p>By taking the shape of the letters, you will benefit from the energies they embody and allow good thoughts, happiness and wisdom to enter you.</p>			<p><i>Movement</i> Kaf C</p>
<p><i>Openness</i> Mem Sofit M</p>	<p>Energy אנרגי</p> <p>By taking the shape of the letters, you will benefit from the energies they embody and allow good thoughts, happiness and wisdom to enter you.</p>			<p><i>Space</i> Mem M</p>
<p><i>Character</i> Nun Sofit N</p>	<p>Energy אנרגי</p> <p>By taking the shape of the letters, you will benefit from the energies they embody and allow good thoughts, happiness and wisdom to enter you.</p>			<p><i>Soul</i> Nun N</p>
<p><i>Achievement</i> Tzadik TS</p>	<p><i>Influence</i> Peih Sofit P</p>	<p><i>Expression</i> Peih P</p>	<p><i>Vision</i> Ayin E</p>	<p><i>Balance</i> Samech C</p>
<p><i>Passion</i> Tav T</p>	<p><i>Focus</i> Shin Sofit SH</p>	<p><i>Impulse</i> Reish R</p>	<p><i>Dedication</i> Kuf K</p>	<p><i>Restraint</i> Tet Sofit TS</p>


KABALAH YOGA - Audi Gozlan

Kabalah Yoga is a yoga practice with the consciousness that your postures are powerful tools that help you journey inward . Seeing the Sacred Shapes in your postures awakens the hidden energy of their shapes in your embodiment and brings into your life more deep feelings (bhava-kavana) inspiration and positive change.

-  **Alef**, is oneness, unity and love all as one.
-  **Beit** is your body home that embraces all your traits and personality.
-  **Gimel** is your body the sacred space that yearns to do kindness and goodness.
-  **Dalet** is your freedom and steadiness grown from inside your heart .
-  **Heih** is your breath expanding and contracting with awareness growing from each inhale and exhale.
-  **Vav** is your alignment, your connection to heaven and earth through your body and soul.
-  **Zayin** is your desire to reach higher and stay lifted.
-  **Chet** is your vitality, energy and life that embraces every part of your body.
-  **Tet** is Tov, good inside yearning to be revealed .
-  **Yud** is melting away all limitations, to reach beyond the layers of power, ego and selfishness, to be humble and to receive.
-  **Chaf** is your Koach strength that comes from deep inside that taps into our potential.
-  **Lamed** is your Lev heart that has fire that keeps you warm, happy, passionate and in love .
-  **Mem** is Makom the space you create in your body to open the mind, heart and soul to receive and share light.
-  **Nun** is your Neshama soul, a piece of the universe planted inside of you the day you were born.


 **Samech** is your spiritual support which embraces you with an energy that allows lifts you high into the dance of life.

 **Ayin** is your inner eye, your deep vision of life.

 **Peih** is your light that shines with beauty, love, purity joy... .

 **Tsadik** is your balance and grace in the dance of energy.

 **Kuf** is your tree of life, rooted deeply into the earth and reaching for heaven.

 **Reish** is the ruach, breath that flows in you and is the cause of everything that grows, exists and is.

 **Shin** is Shalom, peace the harmony we all search in body and soul.

 **Tav** is passion that grows from inside when we cultivate a fiery heart .

THE SOUL, BREATH, BODY FLOW

A) Body: Shape

Each Letter posture has a unique shape that represents the way its energy flows.

The Body of the posture is its movement.

B) Breath: Connection

The Breath is the pulsation of the inhale and exhale as the first movement of the posture.

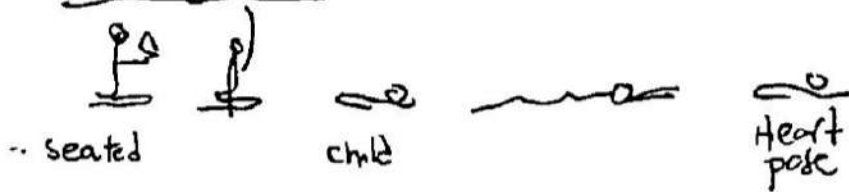
C) Soul: Kavana, bhava

The Soul is the path to "bhava" , a devotional feeling that induces a deep connection with your inner.

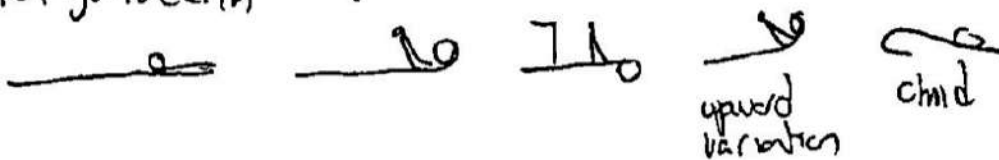
Kabbalah Yoga 2020 ⁻¹⁻ Seed Flow (e)

Audi Gorden

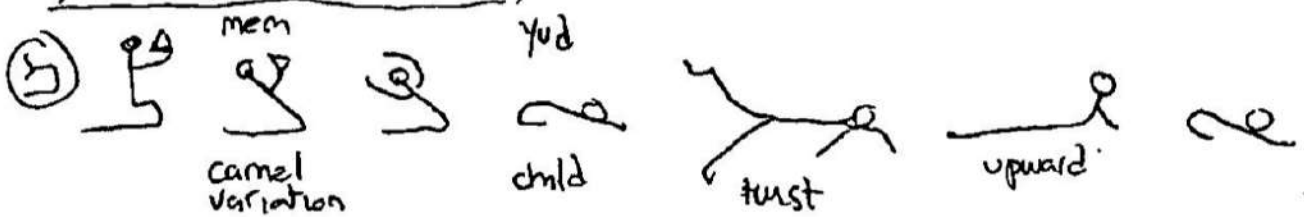
Planting the Seed Yod - beginning of creation



let go to earth open heart

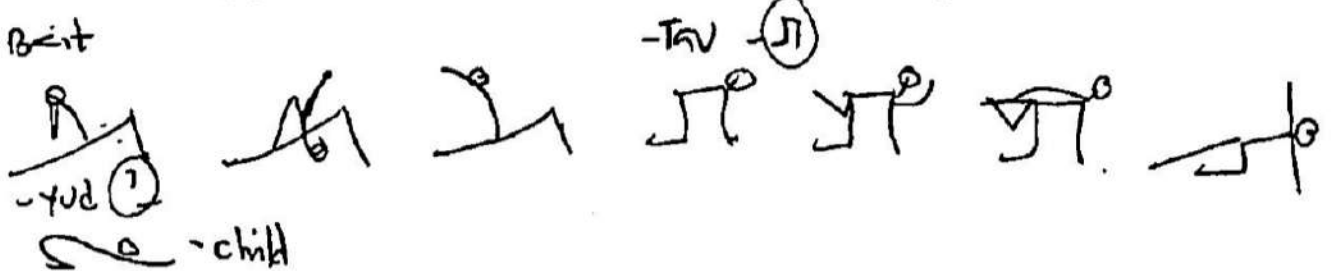


Eternal "Taoist" - Tsim



Home "Bayit" - Tet

- Beit (B) -



In me-Li-75

- Seed Flaw -

-Yud (plant seed) -Yud- (7) Lamed (5) Yud

child MY HEART-75

Khert rotation to heart

Forward fold Squat Squat

1 2 Beit crescent moon variation

fold Beit fingers clasped

Flame Ner-77

Nun (7) Peish (7)

Power Pose Ayin (7) DD. (1 leg) standing crescent

Knee to heart steady (crescent marked)

GO TO YOURSELF Lech Lecha 777 (Salutations I)

777 (5) DD

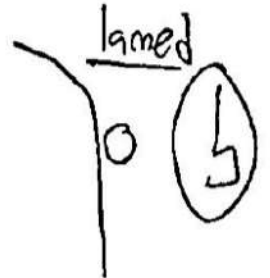
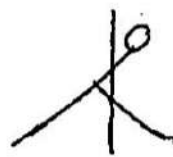
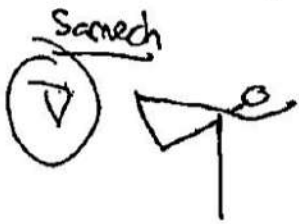
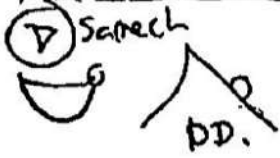
BODY-777

Beit (2) w I, variations

Daled (7) Yud Back bend variation Balancy Pose child (7)

-3-
Seed Flow

Soul - **לנד**



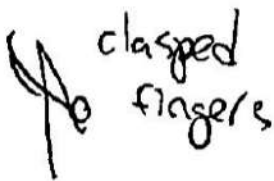
Dancer

warrior II

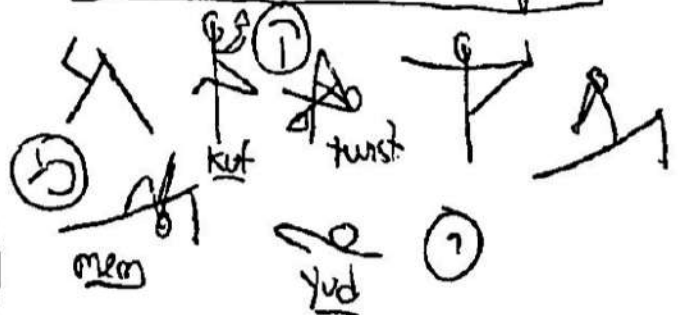
rising W II

triangle

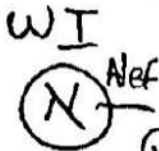
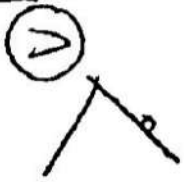
Lamed



Yakov - will Rise **יבין**



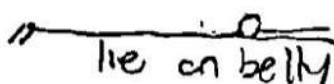
I Am - Anochi **אני**



(tree pose modified)

modified power pose

reverse W II



-4-
seed Flow

Grand poses

Ⓛ Samech



bow



half bow

Ayin Ⓛ



lie on belly



Ⓛ Tet



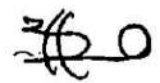
bridge

chet Ⓛ

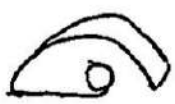


wheel

yud Ⓛ



shoulder stand



Halasana



navasana modified



trestle

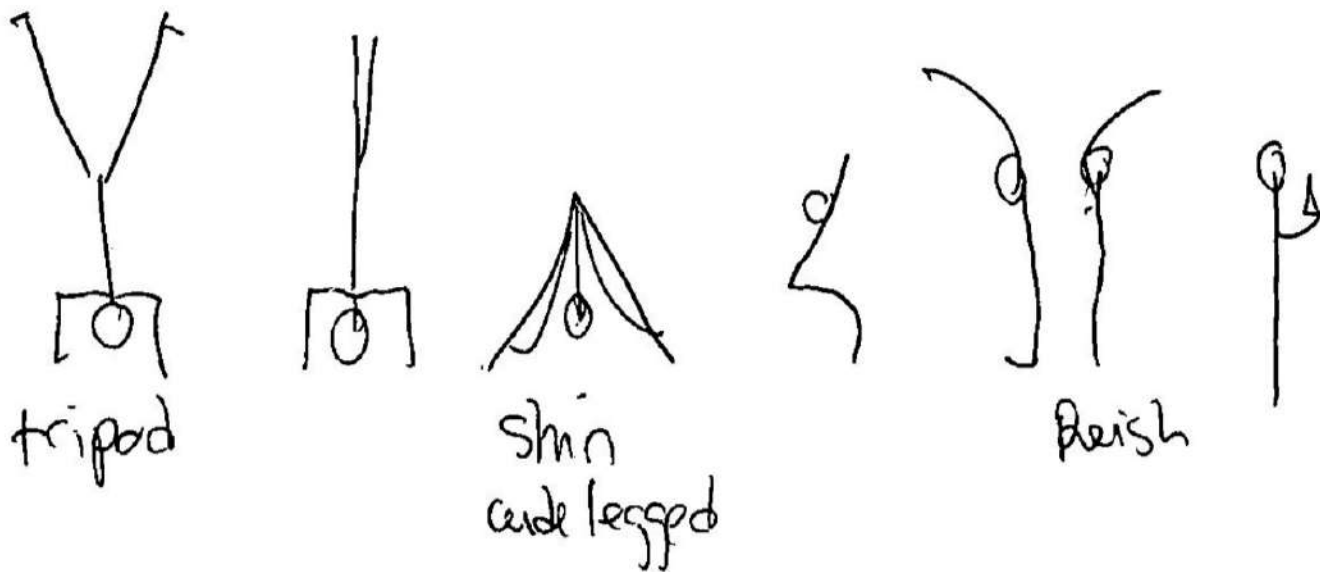
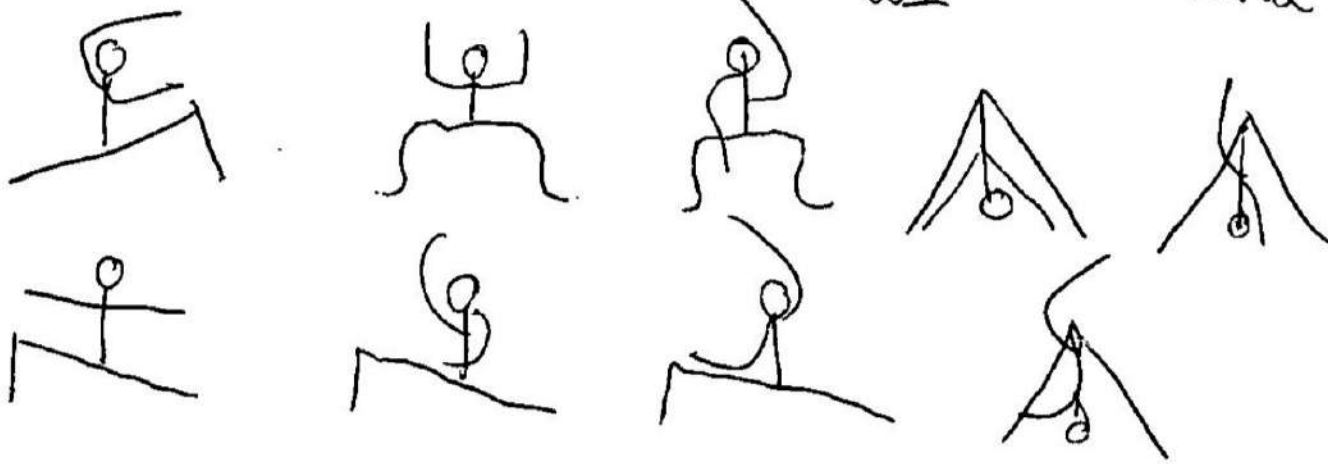


Sahasana

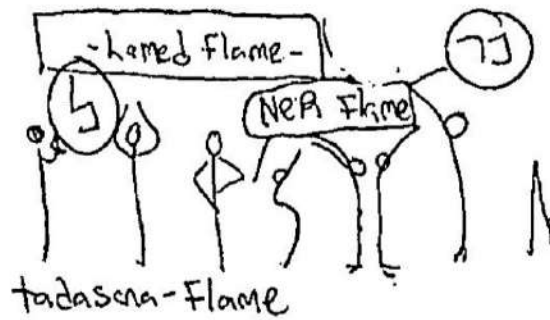
Fire Flow

VX

Eish



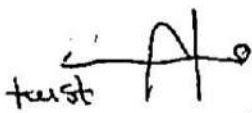
Shalom Flow ①



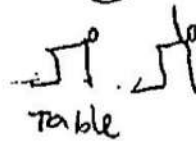
-yud- ⑦

allow layers of body to let go, melt,

Tav ⑥



child



extension leg-

-Kuf-



pigeon

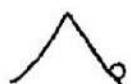


tast



Khaf ⑤

yud



standing spine



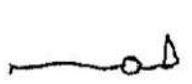
updog/
minicobra



updog



modified
Khaf both
sides



Eternal (Tamb) -T'YJ' ④

-mem-



-yud(heart)- ③



-moving mem-



-Tav-



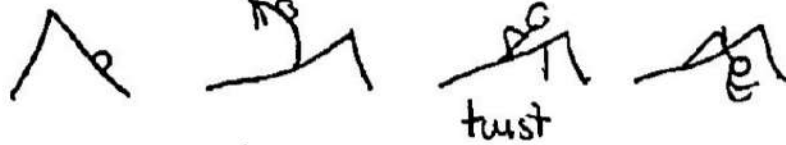
Dalet ②

tail bare lengthen

Shalom

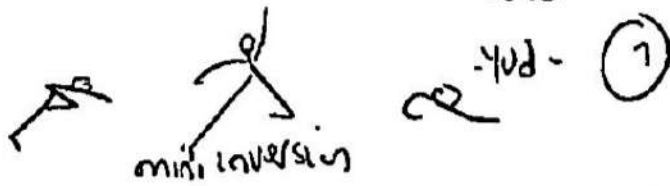
Home (Bayit - בית)

(2) crescent moon + variations



tust

Tav (5)

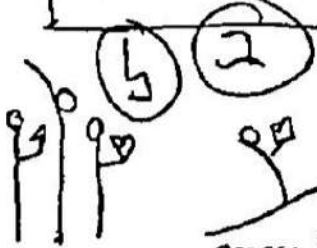
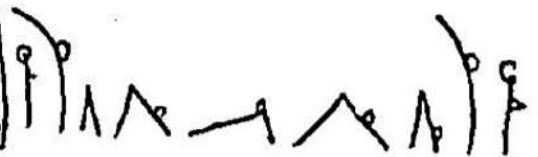


mini inversion

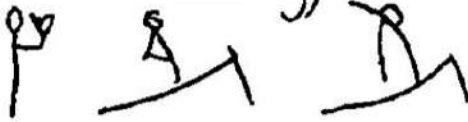
Yud (7)

Libi Heart - לב

Lech hecha



crescent (standing)



Yud (7)

Squat



knee to heart

Yud



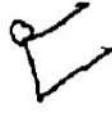
Squat

-Zayin

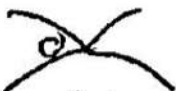


half moon

Net Flame



Navasana



low inversion

Grand poses

Shalom - שלום



wide legged extension



forward fold



FDID



Savasana

Shalom

③

Yakum "Will Rise" □□□□



(edge variation)

Shabat - שבת



④

Shalom - שָׁלוֹם

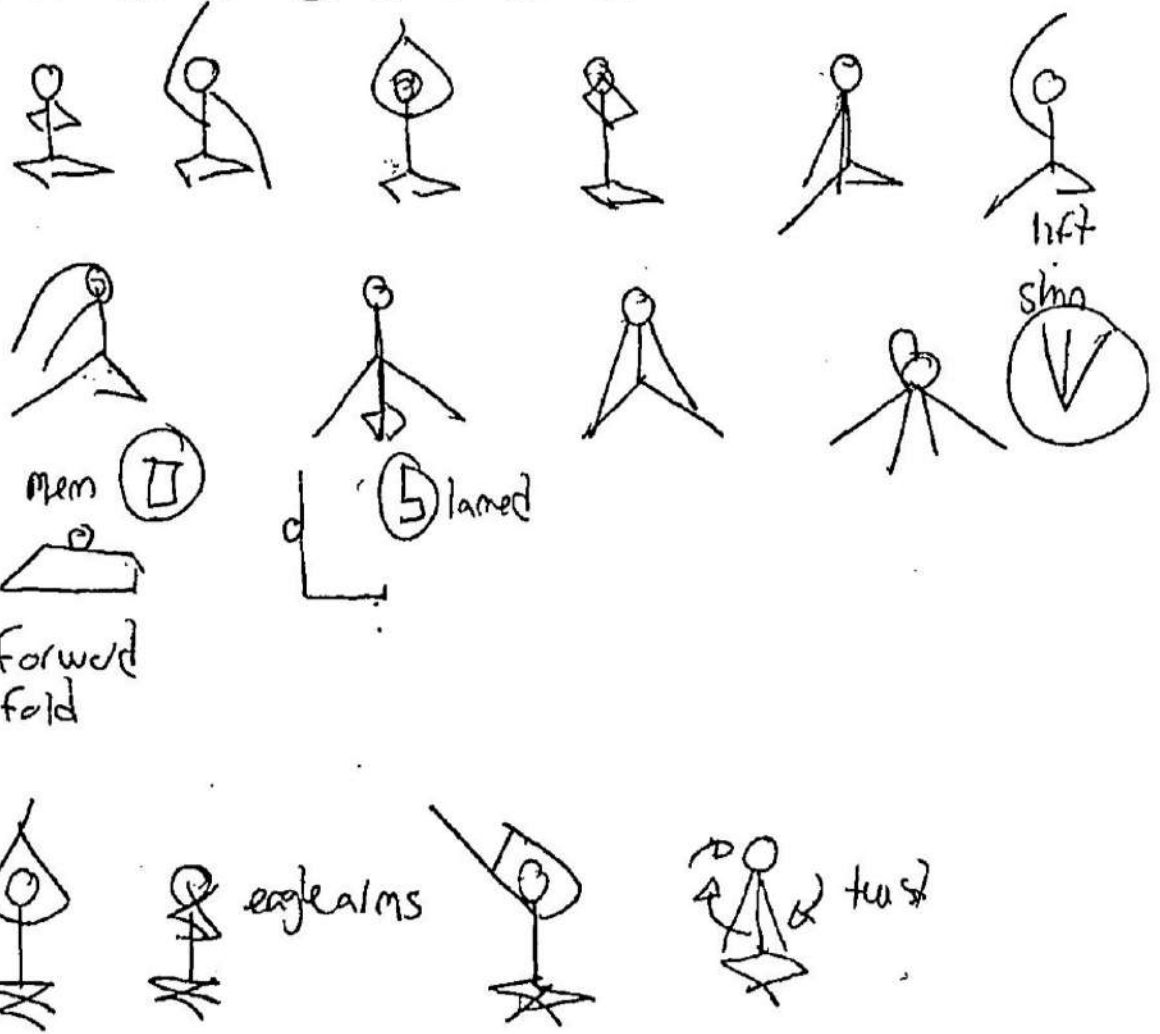


high energy in towards medial chest or intensity respect - put body med in, by spin, arms along or ears

Grand poses P(2)

Kashish Yoga © 2021

Beginning of End of Practice



Kabalah Yoga 2021 ©

Audi Gazlan ⁷²

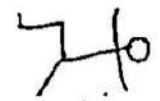
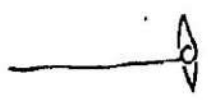
Alef salutations

Yud

Tav



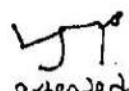
child



Alef lying down belly (both sides)



table



extended to side



on ground Alef (both sides)



Khaf



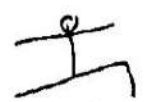
dd.



w/ trusts



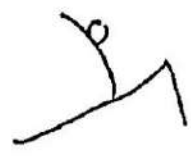
crescent



Alef (crescent)



swimming Khaf, DD.



Alef

Walli II



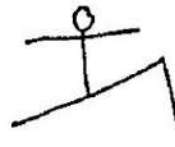
Reverse II



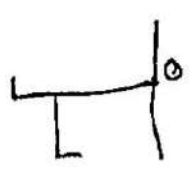
plank

(— X3-5)

and/or:



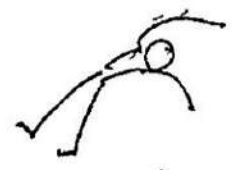
triangle



half moon



side angle Alef

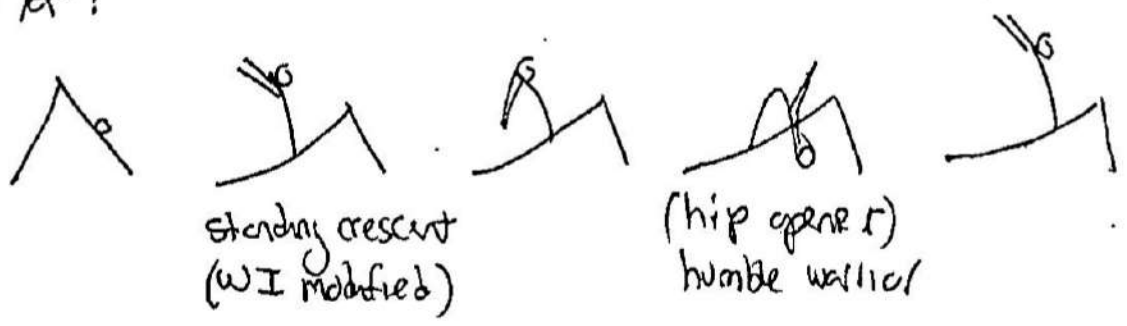
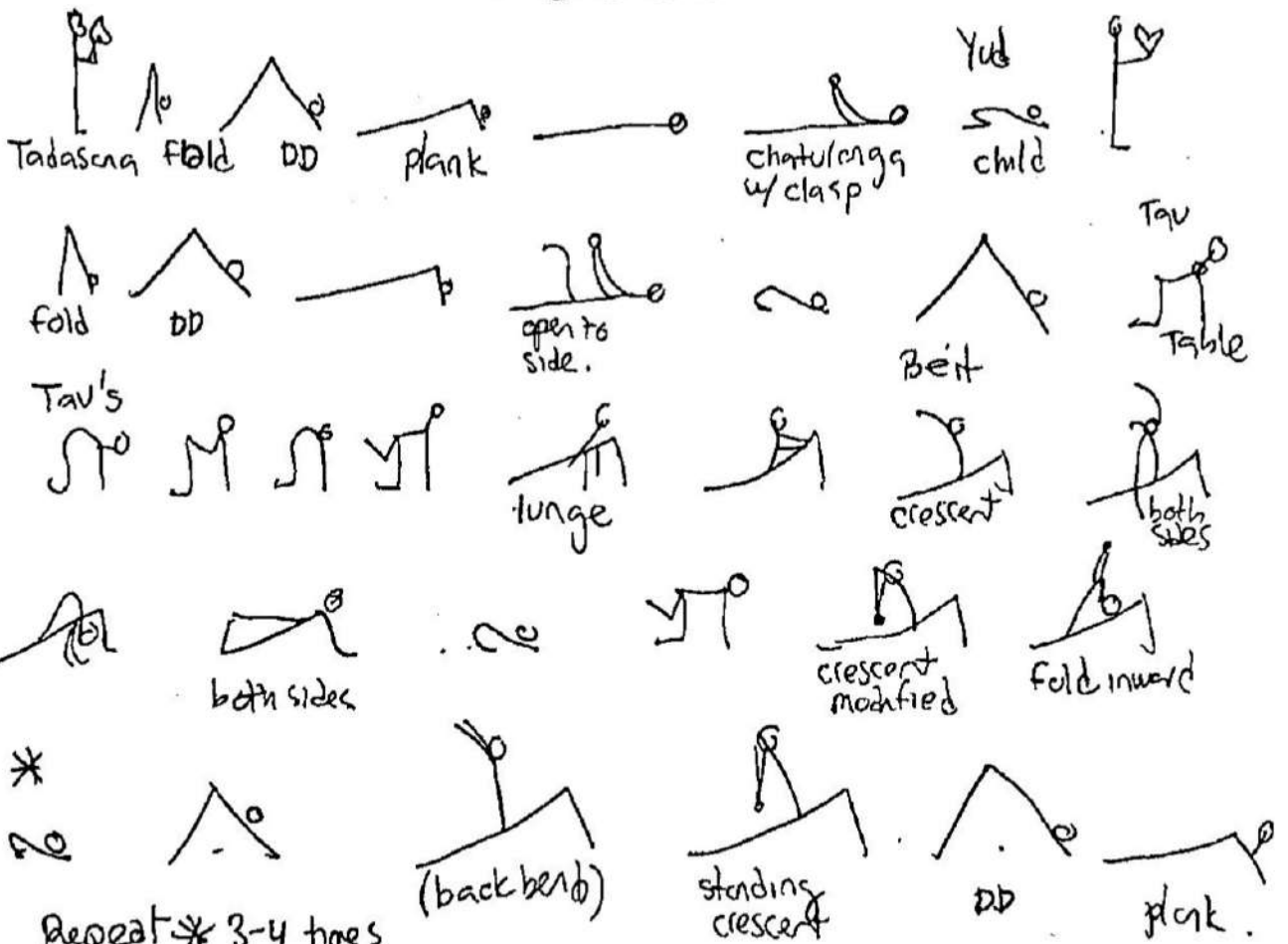


inversion Alef

Kabalah Yoga 2011 ©

Anah Garden

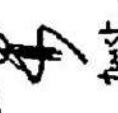
Beit Salutations



Space



Soul



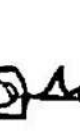
Align



Face



Sacred



Tree pose variation



Peace

Shin



Hamblew



Dancer



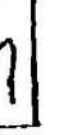
Nitragasana



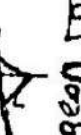
standing splits



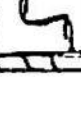
gornukhasana



Pigeon



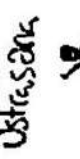
Prana



Tav



Camel



twist (unge)



low pose



Dhanurasana



Eagle



gates



side stretch



cat pose / Table top



Savasana

Rest





Hebrew Letters Transliterated Chart

A, E Alef O, U
one unity
light 1

B Beit
body home
vessel

G Gimel 2
kindness karma
good

D Dalet
freedom expression
Focus 4

H Heih
breath expansion
contraction 5

V, W Vav
alignment energy
channel 6

Z Zagin
balance elevated
detachment 7

CH Cheit
vitality energy
life 8

T Tet
good positive
karma 9

I, Y Yud
seed humility
growth 10

X Khaf
power potential
intention 20

L	Lamed								
teach		learn							
	heart	30							
M	Mem								
space		mind							
	character	40							
N	Nun								
soul		breath							
	light	50							
S	Samech								
endless		life-force							
	depth	60							
O,A	Ajin								
eye		clarity							
	awareness	70							
P	Peih								
face		mouth							
	inner-self	80							
Ts	Tsadik								
secret		trust							
	honor	90							
K,Q	Kuf								
connection		root							
	offering	100							
R	Reish								
open		pleasure							
	elevated	200							
SH	Shin								
shalom		peace							
	harmony	300							
T	Tav								
passion		prayer							
	desire	400							