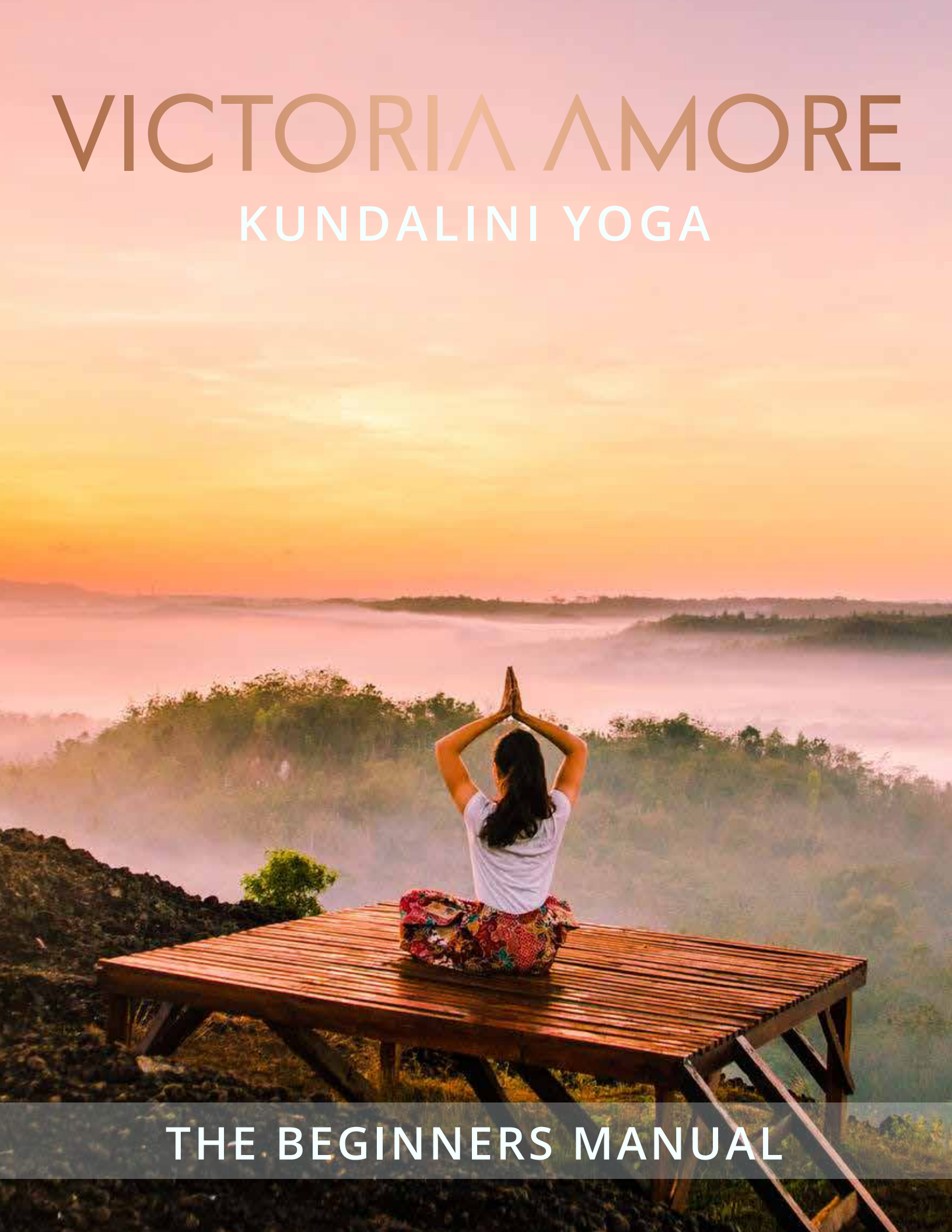


# VICTORIA AMORE

## KUNDALINI YOGA



THE BEGINNERS MANUAL

# KUNDALINI YOGA IS A POWERFUL AND USEFUL PRACTICE.

**We use the ancient yogic technology to aid and transform aspects of our everyday lives.**

Specifically, Kundalini yoga combines the full spectrum of yogic tools—mantra (sacred sound), asana (posture), mudra (hand position), meditation (mindful focus), and pranayama (breathing technique)—you can experience the benefits starting with your very first class.

Kundalini focuses on activating the inner energy which is found within us all.

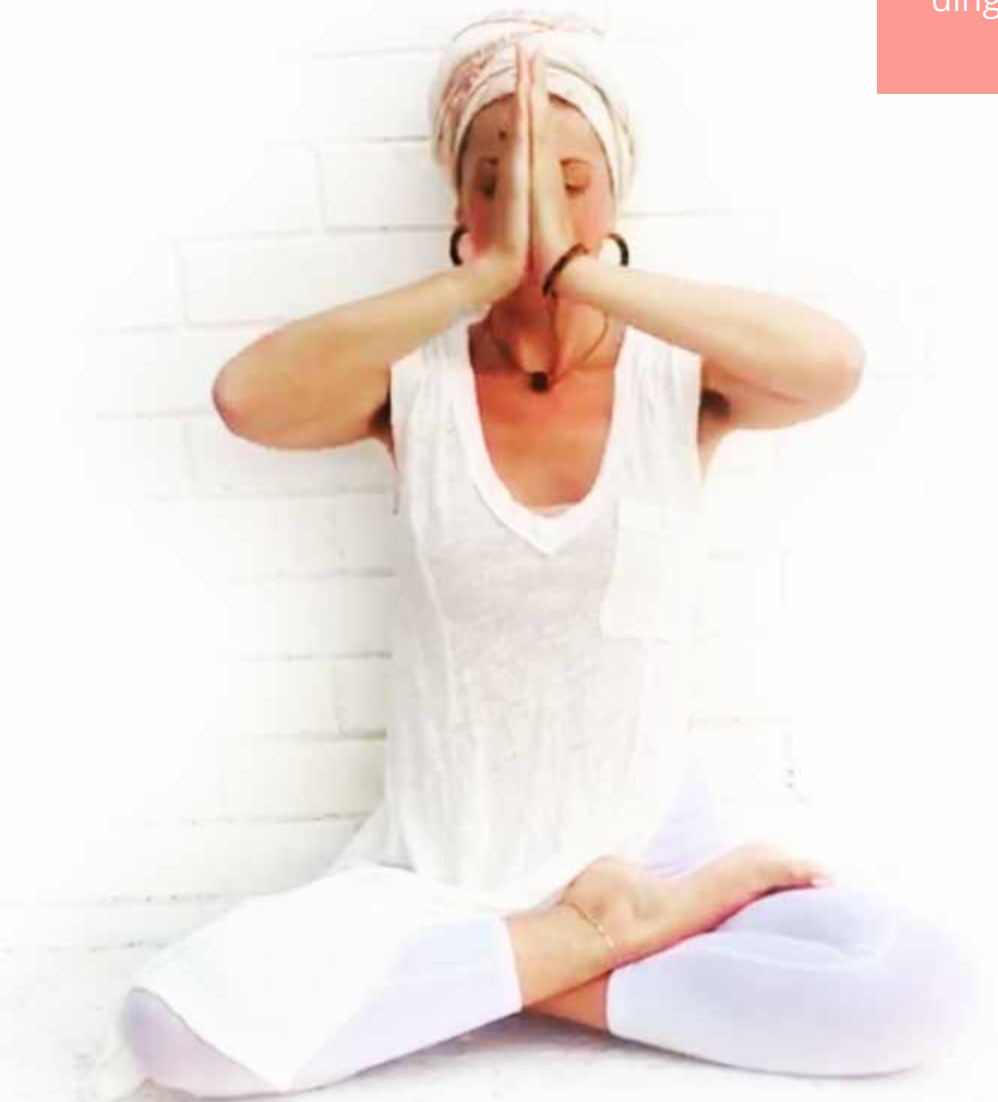
This is symbolised by a coiled snake at the base of the spine. When it is still you would have no way to know it was there.. When we connect and awaken this 'snake' through Kundalini a shift occurs that releases our energy, our potential, our inner power.



**Kundalini Yoga is for everyone. Anyone with a body, a mind, and a nervous system needs these skills and tools to cope with the pressures of the modern world.**

## WHERE DID KUNDALINI COME FROM?

Yoga, if traced back, means to 'join together' or to 'unite,' and this is what all Yoga is about in its purest form. Kundalini Yoga is not just another branch of Yoga, in fact it's one of the oldest forms around! It can be traced back to 500 BC India and was brought to the West by Yogi Bhajan in 1969. Before then it had never been taught publicly, but Yogi B, a master Yogi, Scholar, astrologist and thought leader challenged this secrecy and created a movement under the organisation 3HO in order to share his experience. 3HO stands for Happy, Healthy, Holy, which is a good basis for understanding the nature of the movement.







# WHY PRACTICE?

To be happy, healthy and holy!

Known as yoga for 'householders' Kundalini Yoga is for the people with families, jobs, dreams, relationships, wishes, homes etc.

In Kundalini Yoga, the path to your own truth, your reality, is the path to your happiness. That looks and feels different for each of us.

I have students come for many different reasons- to get physically stronger, to be part of a community, to understand themselves better, to take a break and relax!

It's your practice, which will elevate you, amplify your experience of this lifetime, making your everyday life more joyful, meaningful and connected.

Perhaps you feel a little disconnected to your purpose, fatigued or just 'going through the motions' of life. It is often the simple forgotten wisdoms which can offer us a healthy approach to fulfilment and lasting change.



# WHAT TO EXPECT

Classes will always begin with a short chant 'Ong Namō Guru Dev Namō' to 'tune in' to the space, the group, and the teachings.

You will then be guided into a practice of breathing technique or warm up of the body. We progress into a sequence, which we call a 'Kriya' Which means a 'set for change' This consists of a collection of postures, as with typical Yoga practices, on meditation, sometimes with movement as well as mantras and deep relaxation, often with a Gong for soothing and allowing you to integrate the teachings..

Each Class is slightly different with a specific focus, theme or chakra, and may challenge you physically and mentally.

Classes are not typically held in front of mirrors, and a large part will be experienced with closed eyes. This helps to redirect focus away from our self-image and to connect with our energy which Kundalini teaches us is so sacred within ourselves. Connecting with this energy is an empowering experience that can help us feel closer to our true self and to realise inner strength.

You do not need to be thin, flexible, spiritual or anything else to practice Kundalini- an intrigue to come to a class is enough!



# MANTRAS

*We chant!  
When you vibrate the Naam..*

A mantra is a syllable, word or phrase in one of the sacred languages, Gurmukhī, Sanskrit and sometimes in English. The mantra elevates or modifies consciousness through its meaning, the sound itself, the rhythm, tone, and even the reflexology of the tongue on the palate.

Here are some of the most used Mantras in my classes, and so perhaps good ones to familiarise yourself with.

*Sat Nam*

*Truth is my identity.*

Inhaling Sat (truth); exhaling Nam (name, identity).

This mantra plants the seed of truth which connects us to our universal divine consciousness.

*Ong Namo  
Guru Dev Namo*

*I bow to the All-That-Is. I bow to the Divine Wisdom within myself.*

Our self-knowledge and Divine Wisdom, the highest source of wisdom within us all.

# MANTRAS

*Aad Guray Nameh,  
Jugaad Guray Nameh,  
Sat Guray Nameh,  
Siri Guroo 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*

**This mantra is used to refine the energy around and within us to “tune in” to the Divine Flow.**

When you cannot be protected, this mantra shall protect you.

When things stop, and won't move, this makes them move in your direction. -Yogi Bhajan.

*Wahe Guru*

*Wow! The divine inner teacher, the dispeller of darkness is beyond description!*

**Eliminating haunting thoughts.**

A mantra of incredible ecstasy, the immense experience of that which takes us from darkness into light.





# MANTRAS

*May the long-time sun shine  
upon you, all love surround  
you, and the pure light within  
you, guide your way on.*

*Sa ta na ma*

*Infinity, life, death, rebirth.*

**Connecting to the cycle of all life and the universe.**

When we chant this mantra, we invoke the joy of the infinite and of transformational change.

*We bless everybody with the light of the sun, of all  
love and the light of our souls to guide us on.*

**The closing prayer.**

A blessing and affirmation which is a tradition at the end of every Kundalini Yoga class.



# WHAT IF I AM NEW TO YOGA?

This practice is accessible to complete novices, as well as those who have practiced other forms of Yoga and who are looking to develop their practice or spiritual journey. You will be guided and supported to go as deep into the postures and meditation as you wish, at your own pace.

There are no prerequisites for you to gain the benefits of Kundalini Yoga. You do not need to be flexible, experienced, thin! or spiritual.

You can be you. In fact, these techniques uncover even more of your inherent essence, grace, wisdom and uniqueness.

For some, the idea of participating in something new may seem a little daunting. Once you feel comfortable enough to open up and participate, you will have your own experience and relationship with the practice.

We are a community of passionate individuals. Over and over again I find myself meeting others who have fallen in love with the teachings that Kundalini offers and want to share this joy - we often stay after class for tea, share our experiences, personal stories and make friends with our fellow yogis.



## WHAT TO BRING

Wear clothes that you can stretch and move in, and most importantly that you feel comfortable wearing. It's traditional to wear white, but it is not expected of you, especially in beginners classes.

Bring a bottle of water, and a blanket or shawl to keep warm during meditations and relaxations.

## AFTER YOUR CLASS

Hydrate! hydration is so important to ensure we are in the best condition for health and amplified energy at a cellular level.

Make note of how you feel, sometimes you feel the effects of a class instantly but other times you may feel more energised later in the day when normally you are tired, or you have a vivid dream, you feel happier.. the effect can be different for everyone.

## WHERE TO GO FROM HERE?

Start a simple daily practice - just 3 minutes a day to start?! It is so beneficial to 'check in' with yourself each day, I can give you a daily practice, breathing exercise or mantra personal to you. Book a complementary discovery call for this on my website.

With all this in mind, you can't go too far wrong! Come along with a willingness to learn and evolve, and the rest is easy. I'm excited for you to begin your journey.



*Thank you!*

