



KUNDALINI YOGA

WITH DR KELLY

The Yoga of Awareness

A practical, accessible practice for modern life

Benefits of Kundalini yoga

As the practice supports energy flow and awareness, people often report:

Greater clarity and intuition

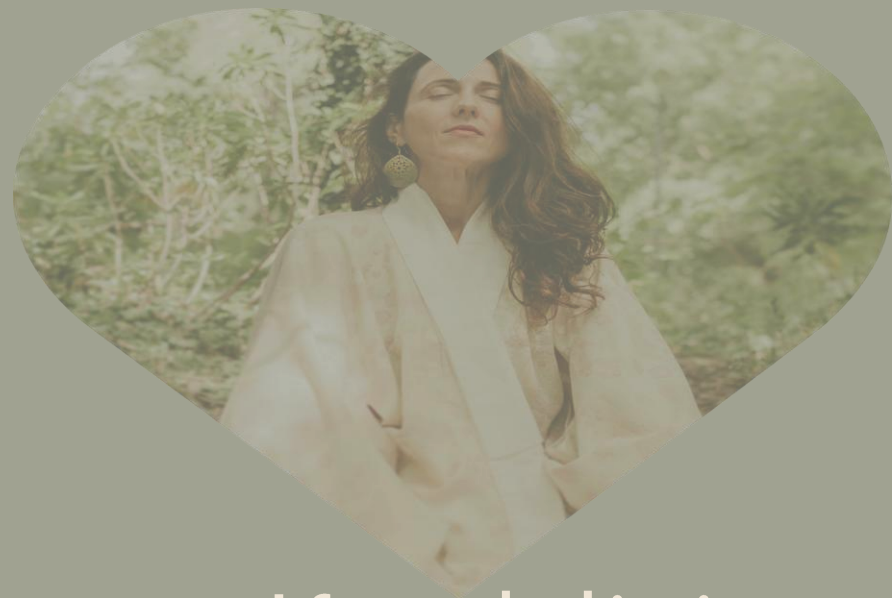
Increased vitality and emotional balance

Improved stress resilience

A stronger sense of self and inner direction

Feeling more grounded, centred, and mentally clear

You don't need to believe in anything, you practise and notice the effects.



Our Innate Life Force

Kundalini energy refers to our natural life force and creative intelligence

Traditionally described as resting at the base of the spine

Kundalini Yoga does not force awakening

The practice gently supports the natural flow of energy through the spine and the chakra system

Preparing Your Space

- Create a space where you can practise comfortably and without interruption if possible.
 - You may like to light a candle, dim the lights, or create an environment that helps you feel calm and present
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- . A yoga mat or comfortable floor space
 - . A cushion or block to sit on if needed
 - . A blanket for relaxation at the end
 - . Water
 - . Wear something you can move and breathe freely in



Preparing Your Body

Because we move straight into the kriya in class

Please gently warm your body beforehand, example moves:

- Stretch through the hips and spine
- Roll the shoulders and neck
- Move intuitively - have a little shake or dance if that helps you arrive in your body

The aim is simply to wake the body up and loosen any stiffness before we begin



Tuning in

At the start of each class we tune in with two mantra's 3 times :

- Adi mantra

Ong Namō Guru Dev Namō

Roughly translates

I bow to the creative wisdom and the divine teacher within.

- Mangala Charn Mantra

Aad guray nameh Sat guray nameh Siri guru dev ay nameh





What Is a Kriya?

- A kriya is a specific sequence of postures, breath, movement, sound and focus designed to create a particular energetic and physiological effect.
- Unlike a general yoga flow, a kriya is intentional and precise, each element has a purpose.
- In Kundalini Yoga we trust the technology of the kriya and practise it as taught.



Breathwork Overview

Two of the main breathing techniques we'll use are **Long Deep Breathing** and **Breath of Fire.**"

Long Deep Breathing

Long Deep Breathing means breathing fully and consciously:

- Inhale through the nose
- Fill the belly, ribs, then chest
- Exhale slowly through the nose

This supports nervous system regulation and builds breath awareness.



Breath of Fire

- Breath of Fire is a rhythmic breath through the nose with emphasis on exhale, powered by the navel point.
- The belly gently pumps in on the exhale and releases on the inhale.

If at any point Breath of Fire feels too intense, dizzying, or overwhelming, simply return to Long Deep Breathing.

There is never pressure to force the breath.



The Three Bandhas / Energy Locks

The **bandhas**, or energetic locks help direct and contain energy in the body.

Mula Bandha (Root Lock)

- Gently pull in navel
- Gently pull in the navel, lift the pelvic floor, lightly contract the rectum and sex organs.
- This helps awaken and direct energy upward from the base of the spine.

Uddiyana Bandha (Navel Lock)

Uddiyana Bandha refers to the lifting of the lower belly/navel area inward and upward.

In Kundalini practice, this helps engage the core and stimulate the navel centre, our centre of power and transformation.

Jalandhar Bandha (Neck Lock)

Jalandhar Bandha is the neck lock gently drawing the chin slightly in and down while lifting through the crown.

This aligns the cervical spine and helps contain upward-moving energy during breathwork and meditation.



Three Mudras

Gyan Mudra

Tip of index finger touches tip of thumb, other fingers straight.

Increases wisdom, focus, and receptivity.

Shuni Mudra

Tip of middle finger touches tip of thumb.

Supports patience, commitment, and steadiness.

Buddhi Mudra

Tip of little finger touches tip of thumb.

Helps improve intuition and clear communication.



Relaxation

At the end of each class we move into relaxation.

This is an essential part of the practice.

Relaxation allows the nervous system to integrate the effects of the kriya and helps the body absorb the benefits of the work.

Please have a blanket nearby so you can stay warm and comfortable.

Pregnant (please advise your teacher) or first 3 days of period

Breathe of fire – long deep breathing
Avoid/very gently apply the mulbandh



Final Reassurance / Safety

Most importantly, honour your body.

Visualising is powerful, but this is not about pushing through pain or striving for perfection.

Rest when needed. Modify when needed. Breathe when needed.

Your practice is your own.

Closing

Thanking each for your practice

Sat Nam, Sat Nam, Sat Nam

Truth is my identity, my true essence is truth.



An Invitation

Accessible for beginners and experienced practitioners

No previous yoga experience needed

Supportive, inclusive, uplifting and warm environment

A space to reconnect, reset, and build inner strength

sign up at www.nourishminds.co.uk