



# KUNDALINI

# YOGA

*super simplified*

A wonderful practice that is done  
at your own individual pace.

Everyone can do it!



## Chapter 1

Below, you will find 2 illustrations of kundalini yoga stretch pose, the first is the normal pose, and it is followed by an illustration of the modified version of stretch pose. You can also switch back and forth between the two poses, as you develop your abdominal strength. Below that are practice details and instructions for this most important kundalini yoga exercise. Also, provided are the online Kundalini Yoga Kriyas which use this posture.

### Picture of Kundalini Yoga Stretch Pose



### Picture of Beginner Kundalini Yoga Stretch Pose



## Kundalini Yoga Stretch Pose Practice Details:

a. *Instructions for Kundalini Yoga Stretch Pose:*

# Kundalini Yoga Cobra Pose for Healthy Back

## Hatha Yoga Posture for Healthy Back and Digestion

Kundalini yoga's terrific cobra pose is the next entry in this ebook. Here I would like to mention that Kundalini Yoga, as you can see, incorporates the postures and exercises from other types of yoga as well. Specially hatha yoga. In this way, [Kundalini Yoga](#) is like a superset of yoga poses and exercises and so is sometimes referred to as the Mother of all Yogas.

For those keen on Hatha yoga poses only, I will be creating a separate e-book which will tease out those poses that are traditionally considered part of Hatha yoga and which form the basis of many other types of yoga practice.



Cobra pose is one of those nice yoga postures, which is easy to do and bestows many, many important health benefits. It is not only great for the health and flexibility of your back and spine, but is also excellent for regulating your

# Hatha Yoga Pose for Nerve Strength

## Kundalini Yoga Posture to Tone the Nervous System

In kundalini yoga, although muscle strength is desired and developed, it is not considered real strength. Nerve strength is considered real strength and the following yoga position is ideal for developing this much coveted power.

The following pose is again common to both hatha yoga and kundalini yoga and thus, is a part of both the e-books that are available on Mastery of Meditation.

This posture has many names to it as well. In hatha yoga, it is called Mountain Pose, while in kundalini yoga it is called Triangle Pose. The pose is also commonly called Downward Facing Dog, which I will refer to it as.



In kundalini yoga, you might have noticed, I am always emphasizing building the health and fitness of the internal systems first and then allowing the greater flow of kundalini to take place. This is opposed to directly opening the chakra points and forcing an increased flow of energy. This approach, of building the system up and then allowing energy flow to increase, helps prevent problems with premature kundalini eruptions, as the body, especially the nervous system, is now able to handle the greater flow of energy without getting fried.

# Kundalini Yoga Bow Pose for Long Life

## Hatha Yoga Dhanur Asana for Total Healing

Bow pose or Dhanur Asana is perhaps the face of yoga. It is another one of those yoga poses that is worth incorporating into your daily practice. It is not as difficult as Wheel Pose, which is detailed in the article, [Advanced Yoga Technique – Wheel Pose](#), but it provides many of the same benefits and a few more when done the special Kundalini Yoga way.

Bow pose is again common to both hatha yoga and kundalini yoga and thus, is a part of this e-book that is available on Mastery of Meditation.

Bow pose has a long list of benefits, specially for the entire digestive system, but the technique employed by kundalini yoga when practicing this posture, is the real secret for unleashing it's full potential. In kundalini yoga, we rock back and forth in bow pose, thus giving our entire abdominal area a terrific massage.

# Third Eye Chakra Meditation Technique

## *Charka Meditation from Kundalini Yoga*

### Third Eye Chakra Meditation Technique Background

One of the best chakra meditation techniques is of course the traditional [AUM Mantra Meditation to Open the Third Eye](#), and in this article I am going to give another great chakra meditation technique for opening the all important Third Eye which comes directly from the school of Kundalini Yoga. Opening and balancing the Third Eye Chakra (Ajna Chakra) is a key step in one's spiritual evolution, as the Third Eye is the seat of intuition, and having this center functioning optimally gives one access to the guidance of the Inner Guru.

This particular chakra meditation technique uses many different facets of Kundalini Yoga technology to accomplish it's goals. It uses the power of Yoga Breathing (Pranayama), Yoga Mudras (Eye and Hand Positions), Yoga Numerology, Visualization and the power of Concentration Meditation to activate and open the Third Eye Chakra.

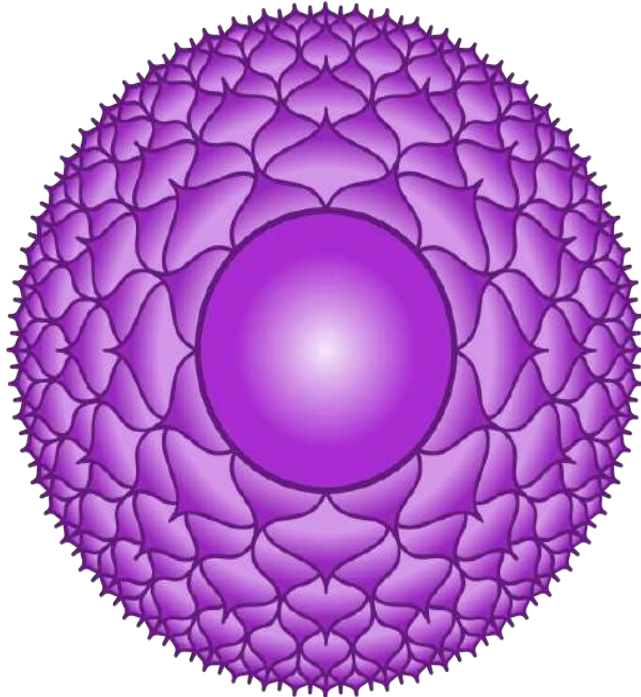


Briefly, the Third Eye chakra is located in the center of the brain and can be stimulated by concentrating on center of the forehead, in between the eyebrows. As mentioned above, the Third Eye Chakra is responsible for intuition and controls the function of the eyes and perception. It is related to the number 16, and AUM is the seed sound for it.

# Crown Chakra Meditation Technique

## ***Free Guided Meditation Techniques E-book – Ch 12***

Crown Chakra Meditation Technique will be the 12th entry. It is also considered a Kundalini Yoga Kriya.



It is indicated that in general Kundalini Yoga does not look to directly open or activate a particular chakra. Kundalini Yoga is designed to prepare the body for the greater flow of energy and focuses on clearing away blockages in the pathways instead. As these blockages are cleared, energy flow increases and the chakras are subsequently balanced and healed in the process.

The meditation I am about to present here though does not follow this approach. Not only does it directly activate the Crown Chakra (Seventh Chakra), but it is even more unusual, as the Crown Chakra (Sahasrara Chakra) is one which Kundalini Yoga seldom targets directly at all. So, what does this all mean? It means please don't overdo this potent chakra meditation. Start off slow and build up from there.

The Crown Chakra represents the spiritual dimension of life. In that if it's unbalanced you may not have any spiritual practice, or it could be such that you are a total fanatic. A balanced Crown Chakra would mean frequent dips in Infinite Consciousness, as well as awareness and expression of the Unified Nature of Reality. So if you feel you need to give this Chakra some love and attention, then this meditation is perfect for you.

## Yoga Exercise to Cleanse & Detox the Body:

### **a. Instructions for practicing Detoxifying Panting Dog Breath of Fire:**

- Yes the pose is called Panting Dog Breath of Fire! 😊.
- As illustrated above, sit up on your heels in Rock pose, except lean forward slightly. Rest your hands on your knees as shown.
- Now open your mouth wide and stick your tongue out as far as it will go. Now begin to pant like a dog. Remember what I said above and don't hold back. You are a Kundalini Yogi, just stick your tongue out and pant like a dog. All the breathing should be taking place through the mouth.
- Emphasize the exhalation, and with every exhalation your stomach should be contacting in towards your spine sharply (similar to [Kapalbhati Yoga Pranayama](#) in this way). The pace should be fast, just like a tired dog panting.
- If you feel a metallic taste emerging on the back of your tongue, this is toxic heavy metals being release and cleansed from deep within your tissue, keep going!

### **b. Duration for Detoxifying Panting Dog Breath of Fire:**

- 1 – 5 minutes. If 1 minute is too much you can start with 15 seconds and build up from there as well.

### **c. Benefits of Detoxifying Panting Dog Breath of Fire:**

- Detoxifies and cleanses your system of garbage, toxins and heavy metals.
- Strengthens and tones your abdominal muscles.
- Builds your respiratory capacity.
- Promotes good health and longevity.

### **d. Practice Tips for Detoxifying Panting Dog Breath of Fire:**

- Like I mentioned above, you can add this exercise to the end of any Kundalini Yoga Kriya. It helps your system purge itself of any toxins that have been released into the blood stream as a result of the Kriya.
- After doing this cleansing exercise, I also recommend drinking plenty of water once your yoga session is completed, to further help wash out any released toxins.
- Given the amount of pollution in our air and water, we can't afford not to incorporate Panting Dog Breath of Fire into our routine from time to time. It really will help cleanse and detoxify your entire system.



# Yogic Relaxation Technique

## ***Relaxation Exercise for Stress Relief***

You may have noticed the emphasis I place on doing a period of relaxation after any set of yoga exercises or difficult Kundalini Yoga techniques. The importance of this relaxation phase should not be underestimated. During this time, the body and mind get a chance to assimilate the energy and changes that are produced by the yoga exercises, and this opportunity is essential for making the most of the work you have just put in. There are quite a few relaxation techniques available, but without a doubt the very best relaxation exercise is Yoga Corpse Pose.

Relaxation, of course, has many more benefits than just providing the space for energy assimilation after yoga exercises, and so it is certainly a very valuable skill to own and master for healthy and peaceful living. To that end, Corpse Pose is great to practice if you are going through a stressful and tense time in your life, are fighting any health issues or if you are simply interested in cultivating a relaxed and peaceful mind and body.

Despite how simple an exercise Corpse Pose might seem and despite thinking that relaxation is a natural state, you will be surprised how difficult this actually can be for people to do. The habit of endless thinking, worrying, stressing, planning, etc, has become hard to shake in today's hectic world, thus making the simple and natural state of relaxation hard to access. Perhaps even enlightenment is easier today to achieve than relaxation 😊. This is all the more reason that we need to consciously practice relaxation and stress relief, so that we can enjoy the bountiful benefits this blessed state bestows.

# Simple Yoga

## ***Simple Yoga for Body Muscle Training***

Yoga is much more than just physical exercises and body postures. Furthermore, this physical aspect of yoga (hatha yoga), is not just for flexibility and stretching either. Yoga is more than adequate for helping you train and strengthen almost every muscle in your body, and build a system which is fully fit and healthy. This is especially true with Kundalini Yoga, and I am going to show you how even simple yoga sequences can give you great physical results.

Kundalini Yoga has many sets which are designed to give you a full body workout, and I will be uploading some of those sets in the near future. For now though, I want to teach you a simple sequence of exercises which will really help strengthen and build your arms, chest and shoulders. This training will prepare you for the more advanced sets that I plan to upload in the future. This exercise is a variation of Cobra Push-ups and is excellent for upper body strength and power.



This sequence combines 2 very simple yoga poses, [Cobra Pose](#) and [Plank Pose](#) to help work on your upper body and arms .

Below you will find illustration of these body positions and full details of how to practice this excellent exercise. This is not a complex sequence, thus suitable for beginner's as well. There are also several variations for this sequence and I will present them below as well.

# Power Yoga

## ***Advanced Yoga Pose***

For the power yoga fans who have been enjoying the high powered sets such as [Core Abdominal Power Yoga Exercises](#) and the [Yoga for Full Body Fitness](#), here is an advanced yoga pose that is sure to challenge and test you as well. Of course, if you are a beginner yogi looking to learn yoga or if you are looking for more gentle yoga sets, you will find plenty of those on Mastery of Meditation and Yoga as well, such as the [Yoga Poses for Beginners Set](#) and the [Kundalini Yoga Best Beginner's Yoga Set](#), to name a few.



The following power yoga pose, Elbow Platform, comes from the timeless school of Kundalini Yoga and is designed to help you build grit and willpower. Along the way to developing these and other intangible assets, the pose will also of course strengthen your body and muscles. Specifically, it will work on your hamstrings, back, abs, buttocks and arms. More on those benefits in the practice section below.

Although the basic version of this pose should be sufficient to challenge most yoga enthusiasts, I have also provided an advanced version of this advanced pose, for the real power yoga fanatics 😊. Needless to say, please be careful when coming into this pose, and don't hold it for longer that you

# Anger Management with Yoga

## *Yoga Therapy for Anger*

The wide range of applications for yoga therapy is really quite remarkable and in this article I will give you some nice techniques for anger management, with which you can release and be free of your anger. Anger is really just energy in motion, and yoga has some great techniques on how to effectively deal with this often overwhelming burst of energy. Of these techniques, I am going to focus on one in particular which comes from the timeless school of Kundalini Yoga and has a very unique way of helping you manage your anger problems.

This anger management technique, is designed to help you consciously release any pent up anger or frustration, so that it does not remain suppressed within you, waiting to explode like a ticking time bomb. The technique also helps you learn to become a witness to this energy, so that it is not able to influence your thoughts negatively. Many times previously I have spoken about developing this Witnessing Consciousness to help you in your emotional mastery, and indicated that difficult times, such as when you are angry for example, are a perfect opportunity for developing this potential. This technique gives you a chance to create such an opportunity in order to practice and develop this profound aspect of yourself.



Yoga also provides some other excellent techniques for anger therapy, which I have detailed previously and I will also show you how to combine them effectively with the anger management

# Yoga Exercise for Toning Shoulder

## *Simple Shoulder Workout*

If you have attended a Kundalini Yoga class, you know there is going to be that phase when it's time to do shoulder exercises and it's going to test your pain threshold, at least just a little bit 😊. Being quite an obsessive personality myself, I remember spending a lot of time out of class simply testing my willpower by seeing how long I could hold my arms up, etc. This was to better prepare me for completing the shoulder exercises during class. There are a lot of excellent sets to work on your shoulders in Kundalini Yoga, but today I am going to give you just one simple shoulder exercise which will prepare you nicely for these sets that I plan to upload in the near future.



I call this exercise Shoulder See-Saw and it is excellent for warming up before jumping into more difficult exercises or more advanced yoga sets. Although this exercise focuses on the shoulder region, it is also used extensively to work on the Heart Center or Anahat Chakra. This is because, it uses the expanding and contracting theory of Kundalini Yoga exercises, to bring pressure and oxygenated blood to the heart region, allowing the muscles, organs and glands in that area to be cleansed and rejuvenated as well.



This is a great pose not just for adults to begin their warm-ups, but also for kids. The best part about this pose is that the kids can flap their knees and be like a butterfly. This helps loosen their hips and the stretch this pose provides is excellent for their little growing bodies.

## Kids Yoga Pose #2

### Forward Bend Yoga Pose for Healing



**End of Preview.**

**Rest of the book can be read @**

**<http://kinige.com/book/Kundalini+Yoga+Super+Simplified>**

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