

*Kundalini Yoga*  
45888

**Instructor:** Jessamy Bowie  
**Office:** None  
**Office Hours:** By appointment  
**Phone:** 435-313-1771  
**Email:** [jessamybowie@msn.com](mailto:jessamybowie@msn.com)  
**Website:** [www.downtownyogasg.com](http://www.downtownyogasg.com)  
**Credit:** 1.0  
**Room:** Gym 115 (Please bring your student activity card each week.)  
**Schedule:** Monday 9:00-10:40 a.m.  
**Text:** Gurmukh Kaur Khalsa, *The Eight Human Talents*  
**Equipment:** Yoga Mat / Blanket/ Water Bottle/ Comfortable Clothing  
**Pre/Co-requisites for this course:** None  
**Course Description:** Activity course to introduce students to the movement, meditation, and breath work practices of Kundalini Yoga. Includes study from a text. Presents yoga practices as a technology teaching self-awareness and consciousness.

### Welcome....

It delights me to see so many students interested in Yoga. More and more, people are seeing and experiencing the tremendous healing benefits of yoga and meditation. It is my hope that through the study and practice of Kundalini Yoga, you experience a greater awareness, a peaceful life, and are able to discover the power you hold within. When we gather together to experience yoga, there is a healing wisdom that benefits everyone who participates. According to Gurmukh Kaur Khalsa, "No amount of worldly success or money or knowledge can ever be as valuable as feeling comfortable in your own body."

### Course Description

Kundalini Yoga is a system of self-cultivation and self-discipline that allows us to access our infinite self, our core identity. Rather than a belief system, Kundalini Yoga is a technology of self awareness practice. Kundalini Yoga helps achieve insight into obstacles that obscure our conscious awareness. It is not a religion, but provides a very firm foundation on all levels of being so that an individual may excel in any area of life. It is a gift for all people to experience the expansiveness of body and spirit.

## Course Objectives:

Students will:

1. study the history of yoga and the different forms as well as the traditional goals of yoga practice;
2. have an understanding of the Chakra System and it's functions in the body;
3. learn breathing techniques, exercises and postures that help to build trust, vitality and intuition;
4. learn the benefits of meditation including, stress relief, breaking habits, and healing depression.

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

## Grading

Grading Factors	Grading Weight	Comments
Attendance	44 points (4 pts per class)	For maximum credit, students must attend a minimum of 11 classes. *Missed classes must be made-up within one week of absence.
Seva Assignment	30 points	Each student will be required to complete a minimum of two hours of Seva (selfless service), and write a one page paper describing their experience.

<b>Quizzes</b>	<b>16 points (4 pts per quiz)</b>	All quizzes will be available on Canvas. There are <b>no</b> retakes on quizzes.
<b>Final</b>	<b>10 points</b>	Self-Expression (perfect attendance during the semester exempts you from this final)
<b>Total</b>	<b>100 points</b>	

## GRADING SCALE

<b>A = 95%-100%</b>	<b>B+ = 88-90%</b>	<b>C+ = 78-80%</b>	<b>D+ = 68-70%</b>
<b>A- = 91%-94 %</b>	<b>B = 84-87%</b>	<b>C = 74-77%</b>	<b>D = 64-67%</b>
	<b>B- = 81-83%</b>	<b>C- = 71-73%</b>	<b>D- = 61-63%</b>

## CLASS POLICIES AND NOTES

Students are expected to arrive on time, and ready to participate in class activities. An essential part of a Kundalini Yoga class, is to create a **quiet, calm, relaxed** and **focused** environment. Arriving late to class can disturb other students. All students are welcome anytime, however, if you arrive late **please avoid anything that would distract or disturb other students**. Students are discouraged from leaving class early. An essential aspect of Kundalini Yoga is learning how to achieve deep relaxation and disengagement from the outside world. **Please turn off all cell phones before entering the classroom.**

## WITHDRAWAL FROM CLASS

If a student must withdraw from class, it is the responsibility of the student to complete the necessary paperwork and procedures required by the Registrar's Office. Withdrawal must be completed by the withdrawal deadline. Failure to properly complete withdrawal procedures will result in the student having to take a grade for the class.

## DISABILITY POLICY

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516

## CLASS SCHEDULE

<b>Date</b>	<b>Subject Matter</b>	<b>Home Study</b>
8/19/2013	Welcome-1 <sup>st</sup> day	Practice Long, Deep Breathing.
8/26/2013	Review syllabus Overview of Kundalini Yoga Warm-up/Stretching Series Breath Awareness Meditation	Practice Long Deep Breathing & Breath Awareness Meditation.
9/9/2013	Mantras Basic Spinal Energy Series Seven Wave Sat Nam Meditation	Practice Sun Salutations Review Mantras
9/16/2013	Mudras, BOF Kriya for Elevation	Practice Breath of Fire and review postures/Mudras
9/23/2013	Alternate Nostril Breathing Ten Bodies Meditation for a Calm Heart	Practice alternate nostril breathing.
9/30/2013	The Chakras Kriya for Morning Sadhana Guru Ram Das	Read Chapter 1 Guru Ram Das Healing Meditation on the Chakras
10/7/2013	Sitali Pranayam Foundation for Infinity Kriya Med. To Heal Addictions	Sitali Pranayam
10/14/2013	Pranayam Energizer Series Exercise Set for the Kidneys Med. for Releasing Anger	Read chapters 2, 3
10/21/2013	Adjusting the Navel Med. For Rejuvenation	Read chapter 4
10/28/2013	Nabhi Kriya for Prana-Apana Protection and Projection from the Heart.	Read chapter 5
11/4/2013	Healthy Bowel System Seven Wave Sat Nam med.	Read chapter 6
11/11/2013	Pituitary Gland Series Med. For Intuition	Read chapter 7 & 8
11/18/2013	Kriya for Strengthening the Aura	
11/25/2013	TBD	
12/2/2013 12/9/2013	Healing Ring Meditation Final from 10am -12pm	

## **Kundalini Yoga Mantras**

Adi Mantra or tune-in mantra

### **Ong Namō Guru Dev Namō**

Ong Namō *I bow to the Creator of the Universe, the totality of all things that exist.*

Guru Dev Namō *I bow to the divine wisdom within my own consciousness.*

Mangalacharan Mantra

This mantra brings protection and joy. It will surround you with a beautiful, protective light.

**Ad Gurey Nameh** *I bow before the Primal Wisdom*

**Jugad Gurey Nameh** *I bow before the Wisdom of the Ages*

**Sat Gurey Nameh** *I bow before the True Wisdom*

**Siri Guru Dev Nameh** *I bow before the Great Divine Wisdom*

Siri Gayatri Mantra

This mantra is for healing. The healing of others or self-healing.

**Ra-sun Ma-moon Da-earth Sa-infinite**

**Sa-infinite Se-Thou So Hung-I am**

### **Sat Nam**

This is a bij or seed mantra, it means "Truth is my identity."

### **Sa Ta Na Ma**

This mantra describes the continuous cycle of life and creation.

*Sa-Infinity Ta-Life Na-Death Ma-Rebirth*

### **Wahe Guru**

Ecstasy is consciousness

### **Guru Guru Wahe Guru Guru Ram Das Guru**

*Wise, wise is the one who serves infinity.*

This mantra is for the heart center. It is a protective and healing mantra to be chanted in any difficult physical or mental circumstances.

## **Long Time Sun**

May the long time sunshine upon you,

All love surrounds you,

And the pure light within you,

Guide your way on. (Repeat twice)

**Saaaaaaaaaaaaaat Nam.**

We finish each class by sending our prayer in song to the ones that we love, for their comfort and health, or to the one that we want to resolve conflict with.

