

**Spring 2013**  
**Kundalini Yoga**  
**PEHR 1057-02**

**Instructor:** Jennifer La Femina (Jiwan Shakti Kaur Khalsa)  
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**Office Hours:** By appointment  
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**Credit:** 1.0  
**Room:** Old Gymnasium Room 115  
**Class:** 25133  
**Schedule:** Wed 9:00am-10:40am  
**Text:** Gurmukh Kaur Khalsa, *The Eight Human Talents*  
**Equipment:** Yoga Mat /Sheepskin Mat/ Water bottle  
**Pre/Co-requisites for this course:** None

### **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 that help to build trust, vitality and intuition;
4. learn the benefits of meditation including, stress relief, breaking habits, and healing depression;
5. exercise to release fear, build strength and determination, and attain an open heart.

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	60 points (5 pts per class)	For maximum credit, students must attend a minimum of 12 classes.
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. ( Or you may participate in early morning Sadhana).
Self-Expression	10 points	Each student must give a written essay on the scheduled Final date.

<b>Total</b>	<b>100 points</b>	

### GRADING SCALE

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

### 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

"Proper documentation of a disability is required in order to receive services or accommodations. Any student eligible for and requesting reasonable academic accommodations due to a disability must provide a letter of accommodation to their professor from the Disability Resource Center within the first two weeks of the beginning of classes. Please contact the Center on the main campus to follow through with the documentation process. We are located in the Student Services 1regarding the Americans with Disabilities Act (ADA) at 652-7516."

## CLASS SCHEDULE

Date	Subject Matter	Home Study
01/9/2013	Review Syllabus and classroom policies Class supplies	Purchase or order Gurmukh Kaur Khalsa's The Eight Human Talents
01/16/2013	Overview of Kundalini Yoga Review opening mantras Warm ups/Surya kriya Learning to meditate	Practice meditation
01/23/2013	Mantras Sun Salutations/Breath of fire Kriya for Elevation Breath Awareness Meditation	Practice Sun Salutations Practice Breath of Fire
01/30/2013	Mudras/Sun Salutations Stress Set For Adrenals and Kidneys Tattva Balance Beyond Stress and Duality	Practice hand mudras
02/6/2013	Alternate Nostril Breathing Ten Bodies Gong Meditation	Practice alternate nostril breathing.
02/13/2013	The Chakras Kriya for Morning Sadhana Long Chant Meditation	Read Chapter 1
02/20/2013	Review 1 <sup>st</sup> chakra Flexibility and the Spine Med. To Heal Addictions	Read Chapter 2
02/27/2013	Review 2 <sup>nd</sup> chakra Kriya for the 2 <sup>nd</sup> Chakra Med. for Releasing Anger	Read chapter 3
03/6/2013	Review 3 <sup>rd</sup> chakra Nabhi Kriya for Prana-Apana Meditation for Prosperity 2	Read chapter 4
03/20/2013	Review 4 <sup>th</sup> chakra Kriya for the 4 <sup>th</sup> chakra Protection meditation	Read chapter 5
03/27/2013	Review 5 <sup>th</sup> chakra Meditation to rid the ego	Read chapter 6
04/3/2013	Review the 6 <sup>th</sup> chakra Kriya for the 6 <sup>th</sup> chakra Kirtan Kriya Meditation	Read chapter 7
04/10/2013	Review 7 <sup>th</sup> chakra Foundation for infinity Med. To clear the subconscious	Read chapter 8

04/17/2013	Review 8 <sup>th</sup> chakra Kriya for Victory Ra Ma Da Sa Healing Med.	Get caught up on reading and finish book.
04/24/2013	New Lungs and Circulation	
05/1/2013	Finals Week	

## Kundalini Yoga Mantras

Adi Mantra or tune-in mantra

**Ong Namo Guru Dev Namo**

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

*Guru Dev Namo 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)

Saaaaaaaaaaaaaaaaat 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.

