



**Yogi Bhaijan**

**Kundalini Yoga**  
**PEHR 1057-04**  
**Spring 2013**  
**Instructor: Rebecca Dalley**  
[\*\*becdalley@msn.com\*\*](mailto:becdalley@msn.com)  
**Room: Gym 115**  
**Class Time: Tuesday**  
**2:30 p.m.-4:10 p.m.**  
**Text: The Eight Human**  
**Talents, Gurmukh Khalsa**

### **What is Kundalini Yoga?**

**Kundalini yoga as taught by Yogi Bhaijan is a scientific technology for happiness. It extends the brain to imagine Infinity in its totality; then it is a gradual process to work for that experience. Every movement is scientifically originated, organized and projected. This is a discipline in which there is nothing but success. When practicing Kundalini Yoga, your inner power is awakened to unite with the Universal life force, empowering you with awareness beyond the ordinary. This awakened state gives you the capacity to expand your perspective and experience each day with increasing inspiration and joy. ([www.Harijiwan.com](http://www.Harijiwan.com))**

### **Class Objective:**

## **To Become Healthy, Happy, & Holy**

**All PEHR Courses have the following objectives:**

- **Enhance development of physical, mental, social, and emotional well-being through physical education**
- **Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits**
- **Develop competencies in athletic activities that will bring a greater satisfaction to participation in athletics**

- **Demonstrate an understanding of physiology that promotes safety in physical exercise**
- **Develop a fitness plan pertinent to the physical activity of the course, if applicable**

## **Grading**

**Grading is based on attendance, quizzes, final exam and one Seva (selfless service) assignment. Each class is worth points. For maximum credit, students must attend a minimum of 12 classes. Seva assignments and quizzes are worth points. Each student will be required to complete a minimum of 2 hours of selfless service, and write a one page paper describing their experience. Students must give an oral presentation of their Seva experience to class. Missed classes must be made up within 1 week of missed class. Quizzes must be made up within one week of missed quiz. You may attend any of the other Kundalini classes listed below and get an instructor signature verifying attendance for the class. Extra credit will be offered throughout the semester.**

**Mondays: 9-10:40 am, 3-4:40 pm & 5:15-6:45 pm**

**Thursdays: 2:30-4:10 pm**

**Wednesdays: 9-10:40 am, 11-12:40 pm & 3-4:40 pm**

## **Class Policies and Requirements**

**Students are expected to arrive ON TIME and ready to participate in class activities. You will need a yoga mat, loose comfortable clothing, drinking water, and a blanket or shawl. An essential part of a Kundalini Yoga class is to create an environment of calm, peace, and relaxation. Cell phone usage is not allowed during class. Please turn all cell phones off and put them away. If you arrive late, please do not disturb others and enter as quietly as possible. Students are discouraged from leaving class early, unless it is an emergency.**

## **Withdrawals**

**Students wishing to withdraw from class must complete the necessary paperwork from the school registrars office. Withdrawals must be completed by withdrawal deadline. Please check school calendar for information. Academic Calendar - <http://new.dixie.edu/reg/?page=calendar>**

## Americans with Disability Act

If you are a student with a medical, psychological or a learning difference and requesting reasonable academic accommodations due to this disability, you must provide an official request of accommodation to your professor(s) from the Disability Resource Center within the first two weeks of the beginning of classes. Students are to contact the center on the main campus to follow through with, and receive assistance in the documentation process to determine the appropriate accommodations related to their disability.

You may call (435) 652-7516 for an appointment and further information regarding the Americans with Disabilities Act (ADA) of 1990 per Section 504 of the Rehabilitation Act of 1973. Our office is located right next to the Testing Center on the bottom floor of the Financial Aid and Career Center building.

<b>Date</b>	<b>Subject Matter</b>	<b>Home Study</b>
<b>Jan. 8</b>	Review Syllabus & Classroom Policies, Tune-in, Start Harijiwan Lecture	Get Yoga Mat, Buy Class Book
<b>Jan. 15</b>	Finish Harijiwan Lecture, Tune-in, Long Slow Deep Breathing, Warm-up, Breath Awareness Meditation	Long Slow Deep Breathing, & Breath Awareness Meditation
<b>Jan. 22</b>	Lecture on Mantras, Dalai Lama Sri Mrityunjaya Mantra, Introduce Breath of Fire, Sun Salutation, Basic Spinal Energy Series	Practice Sun Salutation Review Mantras Used in Class *Adi Mantra *Mangala Charan *Sat Nam
<b>Jan. 29</b>	Lecture on Mudras, Breath Of Fire, Kriya for Elevation, Tattva Balance Beyond Stress & Duality	Practice Breath of Fire & Review Mudras
<b>Feb. 5</b>	Pranayam, Alternate Nostril Breathing, Ten Bodies, Meditation for A Calm Heart. Chap. 1 discussion	Read Chap. 1 Healing Meditation
<b>Feb. 12</b>	Lecture on Chakras, Kriya for Morning Sadhana, Guru Ram Das Healing Meditation. Chap. 2 discussion	Read Chap. 2, Quiz Chapter 1 Sitali Pranayam
<b>Feb. 19</b>	Sitali Pranayam, Foundation for Infinity Kriya, Meditation to heal addictions. Chap. 3 discussion	Read Chap. 3, Quiz Chapter 2
<b>Feb. 26</b>	Pranaym Energizer Series, Exercise Set for the Kidneys, Meditation to Release Anger. Chap. 4	Read Chap. 4, Quiz Chapter 3
<b>Mar. 5</b>	Adjusting the Navel, Meditation for Rejuvenation. Chap. 5 discussion	Read Chap. 5, Quiz Chapter 4

<b>Date</b>	<b>Subject Matter</b>	<b>Home Study</b>
<b>Mar. 12</b>	<b>Spring Break</b>	<b>No Class</b>
<b>Mar. 19</b>	<b>Nabhi Kriya for Prana-Apana Protection and Projection from the Heart</b>	<b>Read Chap. 6, Quiz Chapter 5</b>
<b>Mar. 26</b>	<b>Healthy Bowel System, Seven Wave Sat Nam Meditation</b>	<b>Read Chap. 7, Quiz Chapter 6</b>
<b>Apr. 2</b>	<b>Pituitary Gland Series, Meditation for Intuition</b>	<b>Read Chap. 8, Quiz Chapter 7</b>
<b>Apr. 9</b>	<b>New Lungs and Circulation , Meditation for Emotional Balance</b>	<b>Quiz Chap. 8</b>
<b>Apr. 16</b>	<b>Present Seva Assignment</b>	<b>Review For Final Exams</b>
<b>Apr. 23</b>	<b>Open Set, review, seva presentations</b>	<b>Study</b>
<b>Apr. 30</b>	<b>Final Exams</b>	<b>Comprehensive</b>

## **Kundalini Yoga Mantras**

### **Adi Mantra (tune in mantra)**

#### **ONG NAMO GURU DEV NAMO**

I bow to the Creator of the Universe, the totality of all things that exist. I bow to the divine wisdom within my own consciousness.

### **Mangala Charan Mantra**

**Aad Guray Nameh**

**Jugaad Guray Nameh**

**Sat Guray Nameh**

**Siree Guru Dev Ay Nameh**

I bow to the primal wisdom.

I bow to the wisdom true through the ages.

I bow to the true wisdom.

I bow to the great unseen wisdom.

## **Siri Gayatri Mantra**

### **RA MA DA SA SA SAY SO HUNG**

Ra- Sun    Ma- Moon    Da- Earth    Sa- Infinite  
Sa-Infinite    Say-Thou    So Hung- I am

### **SAT NAM**

Most often used mantra. It is the Bij Mantra, or seed. It means, "Truth is my identity."

### **WAHE GURU**

Ecstasy is consciousness. Take me from darkness into light.

## **Long Time Sun**

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