

Spring Semester 2013
Intermediate
Kundalini Yoga
25176

Instructor: Jessamy Bowie
Office: None
Office Hours: By appointment.
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Website: www.downtownyogasg.com
Credit: 1.0
Room: Gymnasium 115 (please bring ID card w/you every week)
Schedule: Monday, 11:00-12:40 a.m.
Text: Guru Dharam S. Khalsa & Darryl O'Keefe *The Kundalini Yoga Experience* or Gurmukh Kaur Khalsa *The Eight Human Talents*
Equipment: Yoga Mat / Sheepskin Mat / Blanket / Water bottle
Pre/Co-requisites for this course: None

Welcome....

It delights me to see so many students back to further their study of Kundalini Yoga. 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. There is a yogic art and science to all aspects of human life. There's a yogic way to get up in the morning; there's a yogic way to go to sleep at night. A way to eat, and a way to breathe! Virtually every aspect of human existence has an enlightened, efficient, effective way to do it. The legacy of technical knowledge that Yogi Bhajan studied and mastered in India is the gift he brought to the West. This Kundalini Yoga class is designed to give you "hands on" experience of your highest consciousness. It teaches a method by which you can achieve the sacred purpose of your life.

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, The Ten Bodies and their functions in the body;
3. expand your knowledge of KY mantras;
4. learn breathing techniques;
5. learn the benefits of meditation;
6. learn KY postures and movement;
7. experience your inner light of consciousness, experience your own highest consciousness, and discover your real identity!

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.
Extracurricular Activity	20 points	Participation in one yoga event, such as a workshop, lecture or concert, outside of regularly scheduled class. Must be pre-approved with instructor.
Practicum	20 points	Each student will be required to teach either a meditation, Pranayam or demonstrate 2-3 postures learned during the semester.
Total	100 points	

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 Center Room #201, or you may call for an appointment and further information regarding the Americans with Disabilities Act (ADA) at 652-7516.”

CLASS SCHEDULE

Date	Subject Matter	Home Study
01/7/2013	Welcome/Introductions	
01/14/2013	Review Syllabus Warm-up/Stretching Series Breath Awareness Meditation	Practice Long Deep Breathing meditation.
01/28/2013	Mantras/Sun Salutations Breath of Fire Seven Wave Sat Nam Med	Practice Breath of Fire
02/04/2013	Postures Kriya for Elevation	
02/11/2013	Alternate Nostril Breathing Ten Bodies Meditation for a Calm Heart	
02/25/2013	The Chakras Kriya for Morning Sadhana Guru Ram Das	Guru Ram Das Healing Meditation on the Chakras
03/04/2013	Pranayam/Kriya/Meditation	Sitali Pranayam
03/18/2013	Pranayam/Kriya/Meditation	
03/25/2013	Pranayam/Kriya/Meditation.	
04/01/2013	Pranayam/Kriya/Meditation	
04/08/2013	Pranayam/Kriya/Meditation	Practice Addiction Meditation
04/15/2013	Practicums	
04/22/2013	Practicums	
04/29/2013	Finals Week	

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.

Mul Mantra EK ONG KAR, SAT NAM, KARTA PURKH, NIRBHAO,
NIRVAIR,
AKAL MOORT, AJUNI, SAI BHANG, GUR PRASAD, JAP,
AD SUCH, JUGAD SUCH, HABHE SUCH, NANAK HOSI BHEE SUCH
This mantra is the root of all mantras. It means, "The creator of all is One.
Truth is His Name. He does everything, fearless, without anger, undying,
unborn, self-realized, realized thru Guru's Grace, Meditate: He was true in
the beginning, true thru all the ages, true even now. Nanak shall ever be
true."

ONG SO HUNG "Creator, I am Thou!", a heart-opening and empowering
mantra.

HAR means Creative Infinity

HARA is another form.

HARI is the active form of Creation.

**Gobinday, Mukanday, Udaray, Apaaray, Hariang, Kariang,
Nirnamay, Akaamay** Sustainer, Liberator, Enlgihtener, Infinite,
Destroyer, Creator, Nameless, Desireless

It brings stability to the hemispheres of the brain and works on the Heart
Center to develop compassion, patience and tolerance, uniting one with the
Infinite.

**ARDAS BAHEE, AMAR DAS GURU, AMAR DAS GURU,
ARDAS BAHEE, RAM DAS GURU, RAM DAS GURU, RAM
DAS GURU,
SUCHE SAHE:**

Guarantees by the grace of Guru Amar Das, who is hope for the hopeless,
and Guru Ram Das, who is King of the Yogis and Bestower of Blessings,
past, present and future, that the prayer will be answered, and that all
one's needs are provided for, signed, sealed and delivered!

**ADI SHAKTI, ADI SHAKTI, ADI SHAKTI, NAMO NAMO,
SARAB SHAKTI, SARAB SHAKTI, SARAB SHAKTI, NAMO
NAMO,
PRITHUM BHAGAWATI, PRITHUM BHAGAWATI,
PRITHUM BHAGAWATI, NAMO NAMO, KUNDALINI,
MATA SHAKTI, MATA SHAKTI, NAMO, NAMO.**

Tunes into the frequency of the Divine Mother, and to primal protective,
generating energy. Chanting it eliminates fears and fulfils desires.

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.

