



Dear New Student,

It is our pleasure to welcome you to The Awareness Center yoga studio. We have been offering Kundalini Yoga and meditation for over 30 years in the Pasadena area. We hope you enjoy your first class here.

All classes are ongoing and can be attended by anyone (except for our Wednesday night Beginners Series). Just come to any class, sit down, and enjoy an hour of yoga, meditation, and relaxation. We recommend purchasing a 10-class pass, which normally sells for \$120. Students attending their first class can purchase this pass at a reduced rate of \$100. Each individual class is \$15, so this is a \$50 savings! There is a time limit of 6 months from the purchase date of these passes.

We also offer books, music CDs, yoga manuals, herbal tea and various other retail items for sale. You can browse through the books or listen to CDs before or after any class. If you are interested in buying a book for a good introduction, we recommend **Kundalini Yoga- The Flow of Eternal Power** by Shakti Parwha Kaur or **Kundalini Yoga** by Shakta Kaur.

Several times during the year, we offer a six-week beginner series introducing the basic concepts of Kundalini Yoga. These classes are from 7 to 9 p.m. Wednesday evenings. Please call for the next series.

We also have special events and workshops happening all the time. Please check the various flyers posted or ask any of The Awareness Center teachers and staff for more information. Information can also be found on our Web site: www.awarenesscenteryoga.org.

Welcome and Sat Nam

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Kundalini Yoga Beginners Basics

At the beginning of every class:

A mantra is chanted before every class or practice session involving Kundalini Yoga. The mantra opens you up to the power of your own inner teacher and also creates a neutral space for you to dedicate yourself to your physical, mental and spiritual growth. The mantra is:

ONG NAMO GURU DEV NAMO

- ONG Is the infinite creative energy experienced in manifestation and activity. It is a variation of the cosmic syllable OM which is used to denote God in the absolute or unmanifested state. When God creates and functions within this world, it is called ONG.
- NAMO Translates as "I call upon." ONG NAMO together means "I call upon the infinite creative consciousness" and opens you to the universal consciousness that guides all action.
- GURU GU means darkness. RU means light. GURU is the teacher or embodiment of the wisdom that one is seeking. It translates as that which takes us from the darkness of ignorance into the light of wisdom.
- DEV Means divine and transparent. In this case it refers to the guru or teacher within each one of us.
- NAMO Again, means "I call upon". GURU DEV NAMO together means "I call upon the divine wisdom within me."

At the end of every class we sing a closing song:

May the long time sun shine upon you
All love surround you
And the pure light within you
Guide your way on

Additional helpful hints:

1. Try not to eat any food two hours before class.
2. Bring two towels or blankets with you to class. One is to place on the floor as your yoga mat. The second is to cover yourself at the end of class. Cotton or wool fabric is preferable.
3. Before class, Sign in the front desk and pay for your class.
4. Leave your shoes by the classroom entrance and take off your socks.
5. If you have any questions, try to save them for the end of class. If you need to ask a question during the set, raise your hand and the teacher will assist you.



Frequently Asked Questions

What is Kundalini Yoga?

Kundalini Yoga is an ancient science that has been refined over thousands of years to help all people live to their highest potential.

Kundalini Yoga blends many of the aspects of spiritual work into one practice: breathing, postures, meditation, chanting, and deep relaxation.

It integrates the physical, mental, emotional, and spiritual aspects of your being.

The postures we teach are simple and easy. Most people can do most of the postures on their very first day. The emphasis is on breath and meditation and not on difficult postures. Most of the exercises consist of gentle movements that are coordinated with the breath. These are designed to stretch the body gradually and smoothly, and to stimulate the circulation. All our classes end with a powerful meditation and a deep relaxation, sometimes to the sound of a gong.

Kundalini Yoga is more than a system of exercises; it is a powerful tool for expanding your awareness.

What will Kundalini Yoga and Meditation do for me?

1. Strengthens and balances all parts of the body: nervous system, muscles, joints, glands, immune system and circulation.
2. Works on the mind to increase your mental clarity, and gives you a deep inner calm and balance.
3. Increases your ability to handle stress.
4. Increases the flow of your natural energy and improves your vitality.
5. Strengthens your connection to your spiritual self.