

# 15 Minute Kundalini Home Practice

## Tuning In & Centering (2 minutes)

- Take a comfortable seat. (easy pose, on a chair, sitting against a wall with the legs extended, etc.) If possible, cover your head with a turban, scarf, or even a hood to keep the energy in.
- Bring the hands to prayer pose at the heart center.
- Tune in with the **Adi Mantra: ONG NAMO GURU DEV NAMO** (chant 3 times).
- Inhale suspend the breath. Exhale release the breath and observe the body, the breath, and the thoughts for a few moments.

## Pranayama (Breathing Exercise, 3 minutes)

- Set a timer for 2 minutes, close the eyes and focus them gently at the third eye point, begin **Breath of Fire**.
- At the end of the two minutes take a deep inhale and suspend the breath as long as you comfortably can. Exhale release the breath.

## Sat Kriya (3 minutes)

- Come sitting on your heels into **rock pose**. (Modification: Sit up on a block in rock pose or take easy pose).
- Set a timer for 2 minutes.
- Stretch your arms above the head and allow elbows to be straight if possible.
- Interlace your fingers except for the index fingers which will point up. (Women left thumb goes over right; men right thumb goes over left.)
- Close your eyes with the option to gently roll them up to your third eye point.
- Repeatedly chant **SAT** (bring the navel to spine), **NAM** (relax the belly).
- At the end of the 2 minutes inhale suspend the breath and apply **Root Lock** as you squeeze the muscles up your spine to the top of your head - send the energy up. Exhale and repeat - inhale suspend and squeeze. Then exhale and hold the air out while you apply root lock. Relax.

## Rest (5 minutes)

- Set a timer for 3 minutes.
- Lie on your spine in corpse pose.
- After resting, bring the knees into the chest and take a few gentle stretches.
- Rub the palms together as you rub the soles of the feet together.
- Come to a comfortable seated position.

## Close your Practice (2 minutes)

- Sing one round of the Longtime Sun Song. Chant a long SAT and a short NAM.