

Pink Lotus Yoga

**Professional Yoga and Teacher Training
MODULES 5 & 6**

**Healing Modalities
Pranayama
Chanting
Kundalini Yoga
PTE: A Mini-Class
Posture Clinic: Seated Asana**

Our healing modalities this term will include methods of self-care.



The Subtle Body and Energy Anatomy

Our journey in teacher training began with esoteric, vast, deep, wide, and mysterious ancient history and philosophy of yoga. Then we moved into Yin Yoga, which is a beautiful bridge between Hatha (forceful) Yoga and the style we are looking at this weekend, which is Kundalini Yoga. Kundalini Yoga will serve as bridge to Amrit Yoga, in which we train next modules.

Yin Yoga is Hatha Yoga in appearance and more Kundalini Yoga in approach, for we know Yin is rooted posturally in Hatha floor postures. Yin is more akin with Kundalini, though, than it is with Hatha theory—and I am speaking in big generalities when I say this—because Yin works deeply with the energy anatomy maps created of the subtle body for the mind to explore, and Kundalini is the vanguard yoga system of subtle body-focused work and identification.

Our Sadhana this weekend will be prana-based, and part of prana is chanting. We will be exploring maps of the subtle body, and, thus, energy anatomy (as opposed to gross anatomy you can see in an autopsy).

The Subtle Body: Many Models of Energy Anatomy

- **Modeling the flow of intelligent energy through our bodies:**
 - **Indian: chakras**
 - **Indian: nadis**
 - **Indian: jiva and its three bodies and five koshas meet the maya and its three gunas**

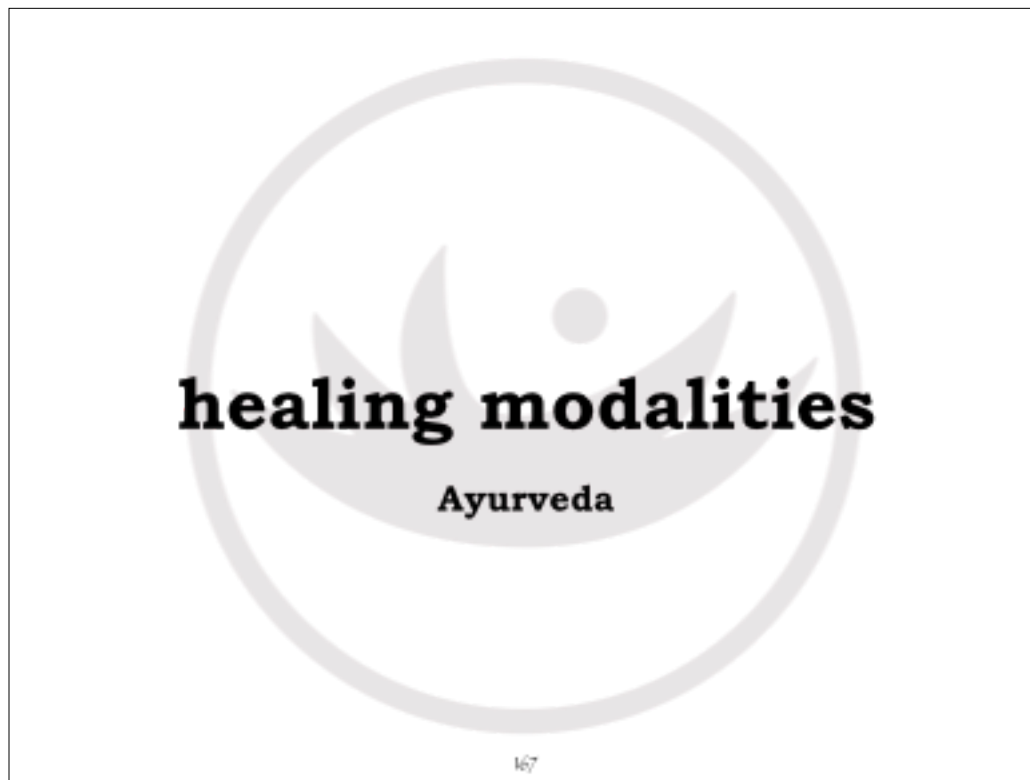
The gross body has been studied for hundreds of years. The Subtle Body is the body through which intelligent energy (chi, prana) is works and perhaps dwells and is a strong focus for healers when helping others towards health. We are looking at many models or maps of energy anatomy in our training.

The Subtle Body: Many Models of Energy Anatomy

- **Modeling the flow of intelligent energy through our bodies:**
 - **Chinese: organs and meridians**
 - **East/west: Dr. Motoyama and Gil Hedley's 'fuzz speech'. Fascia recognized by western medicine**



TBA.



This reinforces what we learned in our training from the Jai Dev Singh video on Ayurveda. Ayurveda is an ancient system, a 'sister science to yoga' from India....Ayurveda helps you synchronize yourself to the rhythms of the day, the rhythms of the season. Ideas:

- *When prana is free flowing, neither too much nor too little, you have maximum health; when prana is stuck, disease results.
- *Acupuncture, acupressure, massage, and yoga—like ayurveda—help make things easier so that you're not going against the grain of life

Ayurveda: The Doshas.

	vata	pitta	kapha
ELEMENT	Air and Ether	Fire	Earth and Water
QUALITIES	Dry, rough, cool, mobile	Hot, light	Heavy, moist, cool, stable
OUT OF BALANCE	Flighty, worried, fearful	Irritable, judgmental	Lethargic, stubborn, prone to overeating
IN BALANCE	Creative, lively	Motivated, purposeful	Stable, thoughtful, compassionate
PRONE TO	Constipation, lower back pain, anxiety, joint problems	Acne, diarrhea	Sinus problems, respiratory diseases, inflammation

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Here is a dosha chart. And here is more about doshas:

vata (air/ether): early morning/late night and WINTER

kapha (earth/water): morning and SPRING

pitta (fire): afternoon/early evening and SUMMER



Kundalini Yoga is a style of yoga on the yoga tree that has not branched out (morphed, diversified) much since the West became aware of it in this century, which is quite unlike Hatha Yoga (modern postural yoga), which has comparatively exploded with variety in the last 100 years.



A Sikh born in Pakistan learned Kundlini Yoga in his travels in India.
Sikhism (Muslim spirituality) is from 15th C. Punjab, India/Pakistan.

- **Kundalini Yoga**
- **Yogi Bhajan (1968; Sikh)**
- **The most breath-forward of yoga systems (i.e., Breath of Fire)**



most breath forward: does that mean, therefore, the most subtle-body-effective?

- **Kundalini Research Institute**
- **3HO Organization**
- **Separate certification**



A 200-hour certification in KY required before advancing within its system

- **International Kundalini Yoga Teachers' Association**
- **First in schools, prisons, and addiction recovery**



**KUNDALINI YOGA IN THE U.S.
1968/WOODSTOCK 1969**

A little about the far reach of Kundalini Yoga.



Here are four prominent Kundalini Yoga teachers today.

Kundalini Yoga Basics



- **Breath of Fire**
- **Mudras**
- **Mantras**
- **Chanting**
- **Bhandas: mula, uddiyana, jalandhara, maha**
- **Spine**

Kundalini Yoga Basics



- **Nadis and chakras/portal chakra**
- **1000s of kriyas**
- **Many Bhajan lectures and writings**
- **Music, festivals, dance, astrology, numerology, tea, vegetarianism**

...and more..

Review

- ***Energy Anatomy Cueing***
 - **The Maps**
 - **Ancient/Esoteric/Eastern**
 - **Subtle body-forward cueings/teachings**
 - **All maps help us move energy effectively**

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The maps: chakras, nadis, meridians, fascia/consciousness

The maps of energy anatomy are ways to help you feel and move/teach energy flow. Subtle body-forward cueings/teachings therefore are suitable for energy anatomy classes/sequences.

Conclusion and **INTRO TO NEXT SLIDE:** All yoga effectively moves the body's energy (chi, prana). However, the maps are ways to help you see/feel/teach energy flow and so must be points of concentration. American Yoga (MPY) is generally too fast-paced for map concentration. Kundalini is obvious energy anatomy non-alignment focused yoga like Yin Yoga. You can teach many Hatha postures with physical cueing, props, adjustments, assists (GROSS BODY) and you can teach them with more energy anatomy cueing for the subtle body. In other words, Energy Anatomy is not exclusive to Kundalini Yoga.

The Seven Main Chakras of the Body



Chakras

muladhara
svadisthana
manipura
anahata
vishuddha
ajna
sahasrara

Chakra Meditation



Each CHAKRA is associated with special aspects of human awareness. Blocks on the Mental/Spiritual/Emotional/Physical levels can cause problems.						Chakra Centers		Cleanse Chakras by using the healing properties on any of the energy flowers, essences and crystals to bring balance.											
Number	CHAKRA Sanskrit Name Symbol Color + Location	Prime Function Main Issue	Divine Principle Goal	Physical Property Essence	Anatomical Connections Gland	Emotional Connections Vibe	Planet	Element	Thought	Essence	Crystal	Essence	Crystal	Essence	Crystal	Essence	Crystal	Essence	Crystal
7	Crown Sahasrara VIOLET TOP OF HEAD	ENLIGHTENMENT & TRANSCENDENCE SPIRITUAL Understanding, Cosmic Consciousness	DIVINITY and HIGHER VALUES WISDOM, Inspiration, Higher Reason and Awareness	METABOLISM, DNA-DNA, Spiritual Connections Thinking	CROWN CENTRAL NERVOUS SYSTEM, Head, Cerebral Cortex, Spinal Spine, Hair Pineal	SPIRITUAL LOVE and COMPASSION, Peace, Harmony, Loving, Thoughtful, Fearless, CONSCIOUSNESS, COSMIC LOVE	None	None	Thought	None	None	None	None	None	None	None	None	None	None
6	Third Eye Ajna INDIGO THIRD EYE	INTUITION and UNDERSTANDING CLARIFY FEAR & Facing Beyond the Five Body Senses, The Psychic Sense	SIXTH SENSE and CLARIFICATION IMAGINATION, Reasoning and Facing Intuition	ENDOCRINE and NERVOUS SYSTEM, Awareness, Meditation Pituitary	BRAIN AUTONOMIC NERVOUS SYSTEM, Hypothalamus, Eyes Pituitary	PSYCHIC Awareness and INTUITION Big Picture, Service, Imagination, Focuses on the Good, CLARIFICATION	None	None	Thought	None	None	None	None	None	None	None	None	None	None
5	Throat Vishuddha BLUE NECK-THROAT	COMMUNICATION and HEALING CREATIVITY, Loving the whole individual, Facing the Fear Will	SPEECH and EXPRESSION SPEECH, Articulation and Creative Communication	PARATHYROID, Balance of Yin and Yang, and the Male-Female Thyroid	THROAT and NECK, Parathyroid, Ears, Sinus, Respiratory System Thyroid	FEELINGS and OPENNESS, Ideas, Healing Matters, Life Force, Creativity, COMMUNICATION	None	None	Thought	None	None	None	None	None	None	None	None	None	None
4	Heart Anahata GREEN HEART	BALANCE, LOVE and CONNECTION LOVE and Compassion, RES, Reg, Positive Attitude	WORTH, ESTEEM and FORGIVENESS MUTUAL, Sharing and Receiving, Respecting Self and others	CENTER of LOVE for Self, others, God, Emotional Balance Heart	HEART, LUNG, Lymph and Immune System, Adrenal, Blood Pressure, Circulation Thymus	SHARING and TRUST, Flexibility, Growth, New Ideas, Loving Skills, Balance, LOVE	None	None	Thought	None	None	None	None	None	None	None	None	None	None
3	Navel Manipura YELLOW SOLAR PLEXUS	ENERGY and VITALITY WILL POWER, Desire and Power, Personal Authority	INNER STRENGTH PURPOSE, Motivation and Willing, Energetic Enrichment	VITAL ENERGY, The Body's Battery, Gut Instinct, Low Inhibition Liver	SOLAR PLEXUS, Digestive System, Stomach, Liver, Gall Bladder, Bile, Small Intestine Pancreas	SELF CONTROL, Efficiency, Purpose, Strive for Perfection, Details, Mental and WILL POWER, ABILITY	None	None	Thought	None	None	None	None	None	None	None	None	None	None
2	Sacral Svadhishthana ORANGE BELOW NAVEL	RELATIONSHIPS and EMOTIONS SEXUALITY and Intuition, Expressing Needs, Emotional, Fearful	SEXUALITY and SENSUALITY SEXUAL DESIRE, Reproductive, Responding, Being Receiving	COOLD, Life Force, Abundance, Energy, Sex, Creativity Spleen	SACRAL, ADRENAL, Spleen, Urinary Tract and Kidneys, Ovaries, Uterus, Blood Sugar Ovaries	INTIMACY and LETTING GO, Taste, Emotional Needs, Emotional Cleansing, Worth, DESIRE	None	None	Thought	None	None	None	None	None	None	None	None	None	None
1	Root Muladhara RED BASE OF SPINE	GROUNDING and SECURITY SURVIVAL, Physical Energy, Facing one's self and others	SIMPLICITY and SAFETY STABILITY, Self Preservation, Accepting Physical Instincts	ANXIETY, Survival, Grounding in Physical Plane Small Intestine	REPRODUCTIVE SYSTEM, SEE, Testes, Vagina, Penis, Legs, Feet and Tailbone Adrenals	PHYSICAL NEEDS, Base Needs of Safety and Security, Being Grounded, Behaviors, SEXUALITY, FEAR	None	None	Thought	None	None	None	None	None	None	None	None	None	None

You can see an enlarged version of this chart at the link at our training page.

Nadis

ida, pingala,
shushumna,
and trillions of others



pingala=ha/male/yang/sun/right side of the body
ida=tha/female/yin/moon/left side of the body



Chinese: Meridians
travel through the
organs

The Meridians and Nadis



Indian: Nadis travel
through the chakras

Chinese energy channels on the left and Indian on the right with their corresponding major energy channels



Pranayama

The mind is the king of the senses.

The breath is the king of the mind.

**The rhythmic vibration of the nerves
becomes the king of the breath.**

—B.K.S. Iyengar

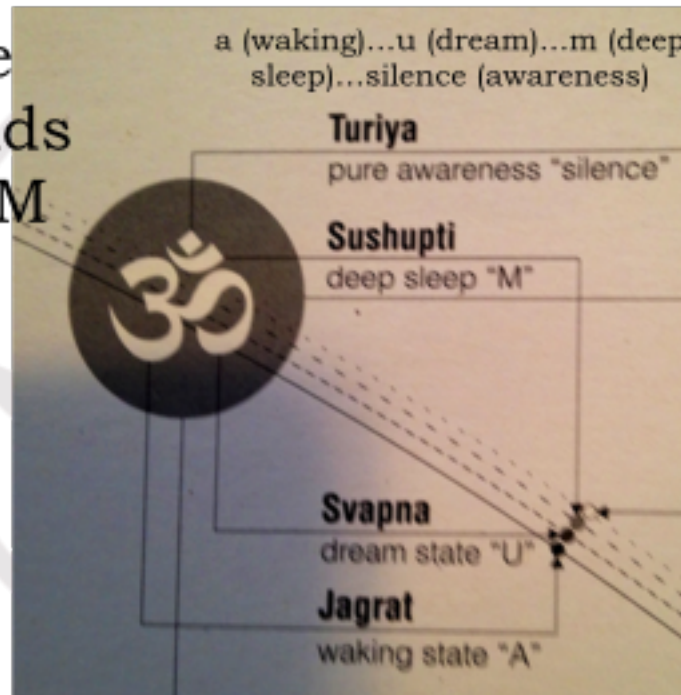
Pranayama

- diaphragmatic
- ujjayi
- kumbhaka
- dirgha
- kapalabhati
- breath of fire

These are the main pranayama exercises we learn in our training



The Sounds of OM



the beauty and logic of Sanskrit

Chanting

- **Loka Samasta Sukhino Bhavantu**
- **Asatoma Satgamaya Tamasoma Jyotir
Gamaya Mritorma Amritam Gamaya**
- **Sat Nam/Sa Ta Na Ma**
- **Ra Ma Da Sa Saa Say So Hung**
- **Long Time Sun**
- **Ong Namo Gurudev Namō**

The translations of these are in your manual.

Pink Lotus Yoga

**Professional Yoga and Teacher Training
MODULES 7 & 8**

Amrit Yoga

Posture Clinic: Backbends and Twists

PTE: Teaching Amrit Postures and Pauses

Games: Yoga Depot and The Circle of Knowledge