

Kundalini Yoga tuning in

as taught by Yogi Bhajan

3 times to start the class with

ONG NAMO GURU DEV NAMO

“I bow to the Creator, to the Divine Teacher within”

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The Sunshine Song

May the long time sun shine upon you

All love surround you

And the pure light within you

Guide your way on.

3 times to end the class with

SAT NAM

“Thruuth is my identity.”