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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.”



AD GURAY NAMEH Protection Mantra

Repeat 3 times. Inhale, and Chant on Exhale.

Aad guray nameh, jugaad guray nameh

Sat guray nameh, siree guroo dayv-ay nameh

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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

“Thruth is my identity.”

TOST YOGA Your Personal Wellness med Holistisk og Yogisk velvære.

Kundalini Yoga, Breathwalk, Behandlinger, Yoga Retreats, Workshops, 1:1 forløb

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