

INTRODUCTION

FOR BEGINNERS...

If you are a beginning student of Kundalini Yoga, practicing for less than six months, or if you have been practicing without the aid of a certified 3HO Foundation teacher, please read this introduction before you begin to practice from this instruction manual.

SADHANA GUIDELINES

This manual has been prepared as a supplement and extension to *Sadhana Guidelines*, in which Yogi Bhajan, who brought the science of Kundalini Yoga to the West, explains yoga, meditation, and the Kundalini. Also important for beginners are the descriptions of the basics of Kundalini Yoga: asanas (postures), mudras (hand positions), bhandas (energy locks), and mantras (sound currents) written by Gurucharan Singh Khalsa. For copies of this manual contact: Ancient Healing Ways, 2545-D Prairie Road, Eugene, OR 97402. 1-800-359-2940

THE TEACHER

Kundalini Yoga is a spiritual discipline which cannot be practiced without a teacher. However it is not necessary for the teacher to be physically present when you practice. To establish a creative link with the Master of Kundalini Yoga, Yogi Bhajan, you should be sure to tune in to his energy flow using the Adi Mantra, "Ong Namō Guru Dev Namō."