

The Science of Upanishads – Part 47: Foundations of Modern Yoga Practice (Contd.): Continuation of Descriptions of Individual Asanas (Physical Poses) as Part of The Third Anga (Limb) of The Ashtanga Yoga (Eight Limbed Yoga) of The Yoga Sutras of Patanjali

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In earlier Weekly Mandir Bulletins, we have covered almost all major Asanas listed in the original Yoga Sutras of Patanjali. Today, we will discuss **KUNDALINI YOGA**, sometimes referred to as the **Mother of all Yogas** and arguably the most powerful yoga there is. As brought to the West in 1969 by *Yogi Bhajan*, it produces results up to 16 times faster than Hatha Yoga. **Kundalini in Sanskrit means Coiled Serpent**. This benign serpent is believed to be located around the sacrum or “sacred bone” at the base of the spine. By using proven yoga techniques to gradually awaken this serpent and safely deploy its amazing beneficial powers, one’s life will be transformed into one of **Health, Happiness and Harmony (3 H’s)**. One will enjoy an elevation in consciousness, promotion of physical well-being and an expansion of awareness. One will feel more relaxed and at ease with oneself than ever before. In 1968, Harbhajan Singh Khalsa, also known as **Yogi Bhajan**, founded the **Healthy, Happy, Holy Organization (3HO)** as a teaching organization. **While adhering to the three pillars of Patanjali’s kriya yoga system: discipline (*tapah*), spiritual study (*svādhyāya*) and devotion to God (*īśvarapraṇidāna*), Kundalini Yoga as taught by Yogi Bhajan does not condone extremes of asceticism or renunciation.** He encouraged his students to marry, establish businesses, and be fully engaged in society. Rather than worshiping God, Yogi Bhajan's teachings encourage students to train their mind to experience God.

The practice of kriyas and meditations in Kundalini Yoga are designed to raise complete body awareness to prepare the body, nervous system, and mind to handle the energy of Kundalini rising. The majority of the physical postures focus on navel activity, activity of the spine, and selective pressurization of body points and meridians. Breath work and the application of bandhas (3 yogic locks) aid to release, direct and control the flow of Kundalini energy from the lower centers to the higher energetic centers. Along with the many kriyas, meditations and practices of Kundalini Yoga, a simple breathing technique of alternate nostril breathing (left nostril, right nostril) is taught as a method to cleanse the *nadis*, or subtle channels and pathways, to help awaken Kundalini energy. The following are some selected Kundalini Poses (Asanas):



Read Here for More on [Kundalini Yoga](#) as Part of Asanas as the Third of the Eight Principal steps of Ashtanga Yoga Described in Yoga Sutras of Patanjali