

## Mantras

### Tune-In Mantras

These two mantras are chanted 3 times each at the beginning of class.

*Ong Namō Guru Dev Namō*

Called the Adi Mantra, this mantra tunes you into your own inner intelligence.

*Aad Guray Nameh*

*Jugaad Guray Nameh*

*Sat Guray Nameh*

*Siri Guru Dayvay Nameh*

Called the Mangala Charan Mantra, this mantra protects and guides you through this practice.

### Closing Song

The closing song is sung at the end of the class to bless ourselves and each other and the close with loving intention.

*May the long time sun*

*shine upon you*

*All love surround you*

*And the pure light within you*

*Guide your way on*

*Sat Nam*

Sat Nam means Truth is your name, truth is your identity, truth is your essence. This in itself is a *bij*, or seed, mantra that seeds (supports the growth of) the vibration of Truth (your essential nature that is based in love). It is a mantra that you can chant to yourself as a silent and living meditation.

## Definitions of the most commonly used terms

There are more terms for sure, but we have listed here only what are most frequently used and may not always be explained during class.

Root lock (aka mulbandh): when you are asked to pull a root lock, it means to squeeze the pelvic floor in and up. Like a kegel, or like you are trying to stop the flow of pee.

Neck lock: chin is level, not up or down (if a book were to be placed on the top of your head, it should not fall forward or back), and then tuck it in slightly so that your ears are in line just above the shoulders and not in front of them. This aligns the cervical spine with the rest of your spine so that the energy may flow more efficiently from the body to the brain.

Drishti: eye focus. The two most common ones used are below. Eye focus helps with mental focus as well as what is listed below.

Drishti at the Third eye point: with the eyes closed, gently roll the eyes up towards the brow point, which is in between the eyebrows, about a half inch in and a half inch up. This drishti helps increase your intuition and amplify your inner voice. It stimulates your pituitary, or master gland.

Drishti at the Tip of the nose: with the eyes just slightly open, gently look down towards the tip of the nose. Don't worry so much about whether you are actually looking at it or doing it right; instead, notice if you can feel a slight pressure at the center of your forehead. This drishti helps to develop the frontal lobe.

Gyan Mudra: the best known hand position, bring your thumb and index finger together and apply a light to firm pressure. The index finger represents wisdom and knowledge. The thumb represents the ego.

Prayer Pose: another common hand position, bring the hands together as if about to say a prayer. It neutralizes the mind and brings you to a calm, meditative state.

## Definitions of the most commonly used terms (continued)

Long Deep Breath: unless otherwise indicated, breathe through the nostrils, taking both the inhale and the exhale slowly. On the inhale, guide your breath down just past the diaphragm and into the solar plexus (just behind the stomach) as you expand the body. On the exhale, gently squeeze the core of your body in towards the spine, helping the used prana leave the body, as you lengthen, or maintain, a tall spine. This breath is foundational to everything you do. It soothes the nervous system, massages the organs, moves the emotions through the body and out, calms the mind, and makes effort more effective.

Breath of Fire: same as Long Deep Breath except rapidly, powering it from the navel center. If you feel burning sensation in the chest, you need to redirect the breath down to the navel center (between the belly button and the solar plexus). You can do this "slow motion" to make sure that on each inhale the body is expanded out, and on each exhale, the body is moving in towards your spine (while the spine remains tall). If you are still working on the Long Deep Breath, modify the Breath of Fire instruction with long deep breath until you feel comfortable with that. Also, if you are on your menstrual cycle or pregnant, modify with the long deep breath. Breath of Fire speeds up the effects of any yoga asana, it strengthens the digestive fire (agni), and detoxes the bloodstream.

Savasana: aka corpse pose. This is done at the end of the yoga asana sequence, or kriya. Lie on your back with the arms and legs straight and set slightly away from the body. Check the cervical spine (the neck) and make sure that's not folded back-- you can place your fingers of both hands at the base of the skull to lift and lengthen the cervical spine and gently set the head back to the ground. Relax all the muscles, organs, and cells of your body, relax the breath and the mind. Allow yourself to melt into the earth and let it hold you. Savasana is an important part of yoga that helps to integrate the work that you have done through the yoga exercises into your body.