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heels, grab the ankles,
and arch up so the
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relaxed back (A)
Begin breath of

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PART ONE Posture:

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Sit in Easy Pose with a straight spine (or in Lotus Pose). Focus: Look into the palms with the eyes almost closed. Breath: Inhale in 10 sections with the mental mantra, “ WHAHO. ” Exhale in 10 secti

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Purpose of Kundalini
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meditation is part of
Kundalini yoga and is
meant to move
energy through the

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body. It is based on the concept that energy at the base of the spine (also known as the root chakra) needs to be released through the seven chakras of the body and then out through the crown chakra above the head.

How to Practice
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