

Kundalini Yoga
by Margaret Trezza

The technology of Kundalini Yoga was brought to the West from India by Yogi Bhajan in 1969. Yogi Bhajan taught Kundalini Yoga to the public, breaking the tradition of secrecy that had surrounded it for 5,000 years.

Why do we need Yoga in our lives? What can Yoga do for you? The increased stress in our lives has made it necessary for us to find a balance in our emotional, mental, and physical well-being. We are beginning to realize that we are losing sight of who we are in the process of keeping up with life. Yoga brings us clarity and balance. We become clearer that gratitude is the key to happiness. Peace on this planet begins with taking responsibility for our own inner peace. It is our birthright to be happy.

I teach Kundalini Yoga as taught by Yogi Bhajan at All that Matters in Wakefield, RI. I have been practicing Kundalini Yoga since 1989. Prior to my Kundalini Yoga teacher certification, I worked as an administrative assistant to presidents of major corporations. At the same time, I taught ballroom dancing, studied voice and piano, taught calisthenics and aerobics, and studied Reiki, Sat Nam Rasayaan healing, Transformational Breathwork and CranioSacral therapy.

You do not have to be very flexible to practice Kundalini Yoga. It can be done by anyone, as long as you are able to move. Kundalini Yoga rocks and rolls. It moves and dances from our heart to our soul, bringing us to a blissful state of higher consciousness. The repetitive rhythmic exercises are accompanied by breathing techniques, mantra, and music. This science promotes the better functioning of our bodily systems. The exercises energize and strengthen the glandular system and the nervous system. Simultaneously, we tap into

the latent energy in the spine and unleash blockages in the physical body.

Each class ends with a meditation, consisting of singing or chanting heavenly mantras. Along with the use of mantras, we sometimes use “mudras” (hand positions) which aid in the calming process of meditation. Meditation will attract to us all we are longing to understand, resulting in the alignment with our true self rather than our self image. We emerge feeling renewed and radiant.

Kundalini Yoga, the “yoga of awareness”, is a profound process of physical exercise and meditation which releases emotional, physical and mental repressions. An intuitive awakening of the Self is recognized. We realize on a deeper soul-level, our individual creative potential. We begin to see our negative habit patterns transform into positive energy, and we can’t help but love ourselves more deeply for our accomplishments. This love and understanding of our true selves turns outward, and we share this compassion with the world around us.

Kundalini Yoga is the fastest way to align yourself to the fundamental foundation of your true self – your destiny, and your existence in relationship to the Universe.

I welcome you to visit my website at
www.meditationandmotion.com

I hope to see you in class!

Sat Nam,
Margaret Trezza
Kundalini Yoga Instructor
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Classes: Wednesdays at 9:30 AM and 7:30 PM

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**“Human love is for one thing only: to love your soul.
Then the Infinite world around you will be in love with you.”
Yogi Bhanjan**