



**Assessment by Galia Amineva,
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Galia Amineva

1A. What is the difference between the Pisces and Aquarius epochs? What should we have to be successful in the epoch of Aquarius?

The Pisces Epoch	The Aquarius Epoch
The aim is access to information and its acquisition	The aim is information acquisition and its integration into human experience
The main value is information	The main value is the idea that there are no secrets, the truth in itself is vitally important
To be or not to be	To be in order to be; I am the person who I am
Go and take it. I believe that is why I know.	I attract everything I need; I feel that is why I know.
Male and female types of energy are dysfunctional and deformed	Male and female integral parts manifest themselves in their true inwardness.
External orientation of a person: the search for success and recognition	Internal orientation, sensory system; connection to spiritual things and his/her soul, devotion and love towards himself/herself, harmony
Power, control, fundamentalism, dogmas, ideology	Free stream of spiritual consciousness, no dogmas, people serve the development of the society, extended consciousness, openness, bravery

In the epoch of Pisces there were epidemics of tuberculosis and leprosy but in the epoch of Aquarius the information overload and changes in all parts of our life are very often unpredictable. The main problems are stress and depression.

Mental, emotional and physical flexibility is very important in the Aquarius epoch. It is necessary to use the technique of inner energy generation. It is Kundalini Yoga, sensory system acquisition. External education should be accompanied by internal education of wisdom, self-control, intuition and usage of neutral mind.

1B. What did you get from this course which helps you to cope with the difficulties of our time?

The hardships of our time include spiritual poverty, competitiveness for material values, a lot of information, requirement for maximum productivity and so on. At the same time one can see a contradiction between the individuality and globality, time speeding and lack of time, a lot of fears and insecurity.

The information about the transition to the Aquarius Epoch allowed us to understand the reasons of internal devastation. At the same time it assigned a difficult mission of developing a new spiritual paradigm and acquisition of sensory system. Everyday Kundalini Yoga practice, step-by-step learning of mantras, kriyas and relaxation allow us to cope with hardships of our time.

2A. What are the inner parts of Sensory System?

1. Establishing a relationship with our own energy, development of sensitivity for conscious understanding of our selves. In order to do this one should work with breathing, strengthen our nervous system, activate glands and aim our energy at intuitive perception.

2. Looking into our soul, realization of our divinity through meditation, mantras and daily practice.

3. Transformation and creation of our own vibrations, attraction of necessary things, ability to accept desired things (law of attraction).

4. Estimation of our destination.

5. Control of our emotions, development of meditative (neutral) mind, behaving according to our intuition.

2B. How has inner listening, observation and learning how to feel your body changed your self perception?

Knowing the principles of Sensory System allowed me to open the way to perceive myself and to feel my soul.

Listening, feeling and observing, made it possible to open an endless world inside me.

During [meditation](#), listening to myself, I felt peace, which I had never felt before. I heard silence, which nourished me.

Travelling into myself, I felt silence, peace, security and confidence. Practicing meditation, including meditation with the mantra [RA MA DA SA](#), which helps develop our sensory system, I felt happiness, which overwhelmed me.

Every time I feel I am going to lose control I turn to Pranayama and singing mantras. Practicing Kundalini Yoga, everyday and [Sadhana](#) gives me power and confidence.

3A. What are the characteristics of male and female polarities of universal energy? What is the difference between the ascending energy stream and descending energy stream?

Male polarity	Female polarity
Brain, spirit, neutrality, thoughts, stability, eternity	Emotions, feelings, body, low chakra, manifestation, relationship, stream, rhythm, evolutionism
Intuition	Instincts
The brain loses its borders when there is no freedom and clarity.	In order to show female polarity one should relax, confide and obey.

In spite of the fact that these types of energy seem to be completely opposite we need the manifestation of these polarities as a integrity to function effectively in this world. The upper triangle, male polarity, and the lower triangle, female polarity, join in spiritual heart. It is the only way to feel agape.

Without female energy male brain can be devastated and lost (mental chaos). At the same time female polarity can feel emotional disorder without neutral male energy.

[Kundalini yoga](#) is revolutionary not only because it is the way to enlightenment and the ascension to high chakras, which means augmented cognition. In order to get integrity the person should work with low chakras, female manifestations in order to integrate high vibrations into his/her body, thoughts, every day life. The process of moving from crown chakra to the base of the spine is called the descent. The idea of a new spiritual paradigm is in the fact that the human part is as important as the spiritual one.

The aim of the ascension is to awaken spiritual essence. The aim of descent is to use high types of energy in order to get rid of bad habits and to reveal creative potential.

3B. How has your realization of male and female polarities helped you cope with your thoughts and emotions?

Understanding of male and female polarities has completely changed understanding of my female nature and my relationship with my husband. I realized my mental conflict. It made me try looking for the reasons or possible problems not in my husband or somewhere outside but in myself, see the “girl” in my self, and love her.

I realized that competition with men is pointless. The only thing, which, makes me happy and self-sufficient, is my female energy.

In order to unite with my spiritual self, to find happiness and peace it is vitally important to know how to use female and male types of energy (polarities).

4A. What are the qualities of three modalities G-O-D?

Modalities **G-O-D** are the main stages of creation.

G means generation, creation, commitment to the result, experience. 4 cardinal signs correspond to this modality: Aries, Cancer, Libra, Capricorn (1, 4, 7, 10 Angular Houses)

O means organization, transformation, spiral movement of energy. Changing signs: Gemini, Virgin, Sagittarius, Pisces (3, 6, 9, 12 Cadent Houses). These signs conduct negotiations, follow evolutionary currents, create new plot of the evolution.

D means stability, retention, enjoyment (delivering, destroying, retaining). Fixed constant signs such as Taurean, Leo, Scorpio, Aquarius (2, 5, 8, 11 Succeeding Houses)

These three modalities are represented in our life. For example to perform Kriyas it is important to display every type of energy. Doing the exercises we follow G-modality. D-modality coincides with relaxation, keeping the energy, enjoyment of the result.

Every person has all these types of creative modality. Their individual combinations help find out in what types of activities (organization, creation, relation) we will perform really well.

Ideally, every person should have all these three modalities.

4B. How has your understanding of your activities in these world changed after having studied these three modalities?

Having understood these three modalities and the one, which dominates my birth chart, I realized I can be successful and more effective.

Changing signs dominate in my birth chart. It means that I can be characterized with such words like responsibility and thorough approach to the matter. I have understood which character traits are connected to O-modality that hinders me in my everyday life.

For me it is vitally important not to control too much and accept everything I cannot change, allow other people to work with their problems, learn how to relax, open my heart and not to be stubborn

5A. What are the characteristics of the five elements?

We consist of five elements (Tattva): Water, Fire, Air, Earth, Spirit. They are the last of 31 tattvas, which we can feel as feelings and qualities of substance.

Fire (Aries) is a creative individual freedom of spirit. It involves movement, action, desire. In order to balance the [Fire Tattvas](#) it is necessary to learn how to manage passion, know how to act and answer instincts and external circumstances without any reaction, how to cope with anger and uncontrolled energy.

Water (Scorpio) is connected to the soul, feelings and instincts. It involves obedience, relaxation, feelings and attraction of desired things. In order to practice Water Tattva one should learn how to follow the energy current and enjoy emotions.

Air (Libra) is connected to neutral mind, rational thinking. It involves breathing, concentration on necessary things, differentiation, clarity, analysis and estimation. In order to balance Air Tattva it is necessary to open space, to be neutral, not to criticize and be able to expand consciousness and psychological space.

Earth (Taurean) is connected to stamina, patience in order to continue acting, earth bounding and attraction. In order to practice Earth Tattva one should learn physical reality and laws, feel comfortable in one's body and in the world.

Spirit is connected to perception, observation, and obedience. In order to practice Spirit Tattva it is necessary to practice understanding, awareness, being in inner space, gratitude, trust, openness, freedom and knowledge.

The balance of these three elements (air, fire and water) gives us health. Our aim is to open ourselves, and spirituality in our body. That is why we should not stay on lower levels of Earth, Air, Water and Fire and develop as the Fifth element-Spirit. Balanced manifestation of all these five elements will allow us to tie our human essence to the universe.

5B. What is your energy imprint and what can you do to balance, tune and benefit from your unique energy configuration?

My energy imprint.

The Sun in Libra.

The Moon in Sagittarius.

Libra Ascendant.

Among the modalities the dominant one is O-Organization. It means transformation and change. Fire and Air Tattvas dominate among the elements.

The characteristics of the energy imprint allowed me to understand my peculiarities and decide on the ways of my development. Female polarity dominates.

I can balance my unstable emotional nature by developing my neutral mind. With the help of everyday practice I am eager to find stability, emotional harmony and clarity of my mind.

Our life consists of these five Tattvas. We should learn how to control the restrictions of all the elements and let the wishes be realized in ourselves.

I consist of a lot of Air and Fire but little Water and Earth. It means I should develop the feeling of comfort in my body and in the world, realize my feelings and the feelings of other people, enter the space of my soul and enjoy communicating with spirit.

6A. How do you install the basis?

Our basis consists of the first three chakras, which are usually referred to as “the lower triangle”. Yogi Bhajan compared the basis with the bottom of the cup, which keeps tea in it. It is impossible to keep the energy in the body without any anchor thus our heart remains close.

Female polarity is connected to the energy of the lower triangle. Practicing working with both triangles we allow the energy to appear in this world and make the substance spiritual and realize our talents.

6B. How does root lock practice influence making exercises?

Keeping the root lock intensifies the effect from exercises. Holding your breath after the exercises and keeping the root lock allows you to intensify relaxation, to spread the energy through the body to chakras.

Having practiced Kriyas especially Sat Kriya one can feel inner heat which flows along the spine and spreads through the whole body.

On the level of the body Mul Bandh works really well. It massages the organs, intensifies blood circulation and so on. Keeping the root lock protects the lumber part of the spine while practicing Kriyas for umbilical center. Keeping the root lock allows to make the exercises better and easier.

7A. What is the aim of practicing [root locks](#)? How should we use them?

Bandh is the tension of some groups of muscles. They direct the current of Prana and Apana. There are three main locks:

Neck Lock (Jalandhara) Neck Locks are used for meditation and Pranayama. The Throat Lock keeps the energy of the Moon Center.

Diaphragm Lock (Udiyana) The Diaphragm Lock keeps the energy of the Sun Center.

Root Lock (Mul Bandh) The Root Lock is responsible for mixing Prana and Apana in umbilical center.

Maha Bandh, a simultaneous usage of first three locks, is called the Great Lock. Maha Bandh is the ideal thing for self-healing.

In order to stimulate the 6th and 7th chakras one can use the Eye Lock and the Tongue Lock. The Locks are usually practiced during keeping poses and after completing the exercises. The most important rule for all the exercises is practicing Mul Bandh though its necessity is not stressed all the time.

Correct techniques for practicing locks and exercises are explained in detail in the book “The Teacher of the Aquarius” p.107-115. The technique is the key to everything, which helps one unite with Infinity.

Practicing Locks correctly one by one and Mul Bandha not only rejuvenates the body but also allows one to spread energy through energy channels releasing Kundalini energy.

Kundalini energy should overcome three Gates: Brahman Knot, Vishna Knot and Shiva Knot. Locks are very important for opening these Gates.

7B. How do your feelings change while making these exercises and after them if you use Locks?

Locks are basic techniques, which allow one to achieve balance. Practicing the Locks allowed me to experience very strong feelings on the level of the body: inner fever, energy, clarity of mind.

Practicing Sat Kriya intensifies the effect from meditation and being in neutral mind. It also changes our perception of the world.

8A. What are the stages of spiritual development?

Stage 1 is [Saram Pad](#). It is the beginning. It is the time when we come to Kundalini Yoga because we are eager to do this or because of some problems with the health, deep dissatisfaction or search for new opportunities.

Stage 2 is [Karam Pad](#). It is the beginning of independent practice, everyday Sadhanas, learning new Kriyas.

Stage 3 is [Shakti Pad](#). The student practices and realizes how it works. Prana awakens. At this stage the person either develops his/her feelings and learns how to work with the energy current or becomes disenchanted and gives up. Some people believe that it is the final stage of the development in Kundalini Yoga.

Stage 4 is [Sahej Pad](#) teaching. It teaches how to become a teacher, how to follow the techniques, rules, the most basic commandment "First, do not harm". It is vitally important to have a teacher. At this stage you realize your purpose, you are attracted by opportunities and Guru guides you. The student is in the current and he/she is happy. The student follows his/her internal guidance and trusts his/her soul.

Stage 5 is [Sat Pad](#). It is the stage when you feel the harmony in the world, in the universe. You feel the balance and see changes. You become disciplined and responsible. You are aware of everything and unite with the Light.

8B. How did you feel the stages of spiritual development before? How do you feel them now?

I used to think that everyday practice and teaching others is the peak of spiritual development in Kundalini Yoga. Now after having studied all the stages of the spiritual development I have come to the conclusion that it is only the beginning. The process of evolution is constant. It is not linear and it is individual for every person.

Knowing about the hardships and contradictions of the stage Shakti Pad helps me realize and cope with my own doubts and hardships on the way to spiritual development.

9A. List a few methods of developing neutral mind. What are the functions of three minds?

There are three minds: negative, positive and neutral.

The negative mind warns and protects from danger. The nature of this mind is in reduction and razing. The sources are subconscious mind, negative emotions and instincts.

The positive mind (Extending) – calculates benefit, positive circumstances, possibilities and aims at the result. The sources are subconscious mind, positive emotions and primary instincts.

The neutral mind observes without judgments. The nature of this mind is in clarity of mind and calmness. It comes to conclusions on the basis of the intuition. It perceives the truth. It is connected to the energy of the universe and cosmic current.

How to develop neutral mind:

- Meditation;
- Breathing, slow breathing;
- Listening to your heart as it gives clarity and peace;
- Attention to the soul and spiritual;
- To be grateful;
- To trust yourself and your soul;
- Cosmic humor.

9B. How do you use neutral mind in your life? How does neutral mind influence positive and negative minds?

Neutral mind allows us to come to right decisions as we feel that we are in a stable conscious reality.

In order to develop neutrality I practice meditation Har Har Haray and other mantras. When our mind is neutral we are patient, emotionally self-possessed and intuitive. In neutrality our positive and negative minds work for us. Negative mind warns us about danger and positive mind shows us how to achieve our objectives. It expands our consciousness, worldview, gives us inspiration and enthusiasm.

10A. What is sacred space?

Sacred space is our being with ourselves, understanding infinity. It is the place where we go, where we feel calmness, silence and where we unite with spiritual. It is the place where our consciousness expands.

At the beginning of the classes it is vitally important to tune. This way we tune to our Spiritual Self and Golden Chain of our teachers.

Making these exercises it is important to avoid stressful situations. The exercises are necessary for creating rhythm in order to spread the energy through the body. When you practice Kriyas you should develop “inner listening”, observing and feeling. Pauses between the exercises are necessary for accepting changes. If you just make exercises you get only transitory feelings. We need the sacred space for:

- Development of neutral mind;
- Integration of the exercise into the body;
- Connection to yourself and your soul;
- Development of love to yourself;
- Showing female polarity, energy descend.

10B. How do you use sacred space in your life and teaching?

I did not know how to teach at the very beginning. At first, I took Kundalini Yoga on the level of the body. I liked the mixture of breathing techniques and exercises. I did not pay much attention to pauses between the exercises.

Fortunately, I attended the seminar by Guru Rattana “It is a gift to be a woman” where I learned what sacred space is. I had felt it before practicing meditation, but being next to the Master I understood what it was. Now while teaching I pay special attention to explaining these questions.

During classes it is vitally important to explain the students the importance of tuning and teach them inner listening, observing and feeling, the ability to relax and feel energy currents in the body. In class we prepare students for practicing the meditation which opens sacred space for us. It is the place where silence and peace give us the feeling of happiness.

* GR - Yes, this is it! I see you are becoming a great teacher.

11A. How do mantras affect your emotions an influence your reality?

Mantras are vibrations of sounds. The sound is a form of energy. It has got the structure and power. It influences chakras and human psychology.

Mantra is a good way to work with mental, emotional and physical overwork.

How do mantras work?

1. Release inner powers;

2. Show the way to intuitive knowledge;
3. Help awaken intuition;
4. Open hearts;
5. Develop consciousness;
6. Help make our mind clear as they clean sub consciousness;
7. Help remain in neutral channel;
8. Unite with the spirituality.

Naad Yoga is the yoga of Sound, the technology of consciousness restructuring in order to understand correctly and react to the information without overloading.

Kundalini Yoga Mantras taken from Naad Yoga and [Shabad Guru](#) contain formulas, which can recode our DNA into sacred DNA. They have got the code of unity, harmony, peace, happiness and creative impulses of our life.

The sound contains basic information, rhythm, the dynamic element Japa technique. It allows to record the codes of spiritual DNA into our mind, nerves and cells. Jappa creates Anahat. It is the condition when our nervous system resonates the mantra without even pronouncing it aloud. It is sung inside.

Mantra reading and singing include universal patterns in our mind.

11B. What mantras have you been practicing? How long have you been practicing them? Do you have experience as Guru Mantra? How do some mantras and their singing change your consciousness?

I practiced mantra Guru and Sa Rei Sa Sa, Ad Gurei Name, Ong Namu, Sat Nam for 40 days. I also practiced all the mantras, which were presented to us during the first Module but less than 40 days.

Meditation with mantras leads me into the sacred space, silence, peace and stability. Concentrating on my gall bladder area I feel space inside and its infinity and feel happiness.

Everyday meditation with mantra Guru makes my mind clear, my thoughts calm down, the world around me does not make me stressed or worried. If I am stressed or worried I read this mantra and it helps me stabilize my nervous system. I begin using my neutral mind.

* **Awesome**

12A. What is Bhakti Way?

Bhakti Way is the way of devotion to sacred awakening. The emotions, connected to this, are the aim of emotional awakening, the highest level of sacred development. The thing, which is responsible for emotion should be conscious. It is necessary for us to restore our emotional energy.

Moving from unconscious emotional state to the conscious one we turn from anxiety to devotion. We cannot reach the highest state without devotion in our heart. In sacred heart our emotional body becomes devoted but not worried. The heart connects male and female polarities. Our physical and emotional bodies begin resonating with sacred vibrations through our heart.

12B. How does devotion influence your sacred awakening?

Devotion is the feeling, which does not appear at once. But at the same time this feeling helps cope with hardships and doubts. It helps move forward.

Open sacred heart allows you to be in a neutral mind, to be happy and feel united with the Spirituality. It helps feel Sacred Love.

Devotion makes us shine and helps us inspire other people.

Our devotion to Kundalini Yoga inspires us to everyday Sadhana, practice and discipline.

13A. Give a short plan of a series of 5-10 classes which you have already taught or are going to teach.

I come to classes beforehand, prepare the space (air the room), sit in silence, tune myself in, and oath in order to tune myself to a neutral channel and teach from the state of neutrality.

***Beautiful!**

As a lot of students are newly comers I make a short introduction into Kundalini Yoga before the class. I explain the main notions: breath of fire, how to practice locks, the importance of tuning, synchronization of breathing and exercises, listening, observing, feeling and mudras. I try to find out if anyone has chronic illnesses and contraindications to classes.

I should follow the following principles:

- To keep the purity of teaching;
- Not to do harm;
- To use Kundalini yoga music;
- To share my consciousness;
- To inspire students.

Class 1

- [Tune In](#)
- Warm-up
- Pranayama: stimulation of immune system, inner Sun
- Nabhi Kriya; realization of 10 bodies
- Meditation with mantra [Ek Onng Kaar](#) for 11 minutes
- Affirmation: “May the long time Sun Shine upon you,” and “[Sat Nam.](#)”

Class 2

- Tune In
- Warm-up
- Pranayama: stimulation of immune system: inner Sun
- [Nabhi Kriya](#)
- Meditation with Sa Rey Sa Sa for 11 minutes
- Affirmation: “May the long time Sun Shine upon you,” and “[Sat Nam.](#)”

Class 3

- Tune In
- Warm-up
- Pranayama; Aerobic ability and effective work of the lungs
- Kriya Stress-relieving complex for adrenal glands and kidneys
- Meditation with the mantra APP SOHAI HOA
- Affirmation: “May the long time Sun Shine upon you,” and “[Sat Nam.](#)”

Class 4 MISSING

Class 5

- Tune In
- Warm-up
- Pranayama New vision and emotional balance
- Kriya to develop spine flexibility

- Warrior meditation with the mantra Gobindey Mukandey
- Affirmation: “May the long time Sun Shine upon you,” and “[Sat Nam.](#)”

Class 6

- Tune In
- Warm-up
- Energizing breathing
- Kriya of absolute balance
- Meditation with the mantra Ardas Bhaiee
- Affirmation: “May the long time Sun Shine upon you,” and “[Sat Nam.](#)”

Class 7

- Tune In
- Warm-up
- “Calm down your mind for 3 minutes”
- Warm-up (Yogaerobics from the book by Guru Rattana Kaur, “It is a gift to be a woman.”)
- Kriya Umbilical Center and the energy of emission
- Subagh Kriya with the mantra Har
- Affirmation: “May the long time Sun Shine upon you,” and “[Sat Nam.](#)”

13B. How has the fact that you are a teacher of Kundalini Yoga changed your life? Do you like teaching?

I began teaching after the course by Guru Rattana Kaur in September 2014. I am full of enthusiasm and eager to get new knowledge. Teaching gives me power and confidence. I am fond of teaching. Teaching gives me satisfaction and opens the areas, which are unfamiliar to me. It gives me energy and a powerful stimulus for my further spiritual awakening and development.

Being a teacher of Kundalini Yoga is a great responsibility. Teachers are people who can awake sacred fire in people and the desire to practice and develop.

14A. How do you understand inner reality and outer projection?

Our inner reality consists of our thoughts, the condition of consciousness and mental programs. They are broadcast into the outside world on the energy level.

Our thoughts and wishes are projected into our deed are presuppose everything we attract to our life.

Inner reality:

- Is the perception and interpretation of the outside world;
- Determines which energy we sent to the outside world and the universe;
- Determines how people feel next to us, their attitude toward us, and how they interact with us.

Projection is a cause-and-effect relationship between inner and outside world.

It is possible to make a positive projection of beauty and nobility with the help of the following:

- Turning to your inner self;
- Development of meditation mind with the help of everyday practice;
- Mental balance and harmony;
- Relaxation in order to reveal female energy.

14B. How have your inner reality and outer projection changed after the course?

First of all, I stopped behaving in a self-destructive way. I understood the reasons and began working with my inner reality.

*** Awesome!**

This course allows us to understand that we have got a lot of false ideas (negative projections) about ourselves and they prevent us from living a happy life and destroy us.

During the course, “It is a gift to be a woman” women shared their projections. I realized that our negative projections are mistaken and they prevent us from being happy and living a full life.

Our never-ending search for justice, our desire to control everything, Emotional dissatisfaction is just incorrect understanding of our demands. It is the wish to satisfy them in outer reality, in people surrounding us.

Instead of being offended I am learning to be high-minded and generous. With the help of mantras and meditations I build love, respect and trust to myself. Turning to myself, feeling my emotions, relaxation and inner patience make me happy and confident. These things make me wish to teach other people how to do this.

*** Wow. You are doing great. You will inspire and lead many people to experience love this lifetime!**

15A. The classes in Kundalini Yoga I have attended.

I like the course in Kundalini Yoga by Guru Rattana called "A gift to be a woman". I felt special energy and entered the neutral state at once. I was able to make all the exercises very easily, without overpressure. The meditations were great and I did not want to leave this state.

1. Ma Shanti Anuraga Sangita Kaur teaches Kundalini Yoga. She has the certificate issued by K.R.I.Y.A. (Kundalini Rising International Yoga Academy, USA). She is the student of Guru Rattan Kaur Khalsa, the teacher of the first Module of Kundalini Yoga teacher training course.

I firstly heard about Kundalini Yoga with the help of Sangita Kaur. Her power, charisma and the ability to inspire amazed me. Sangita Kaur is my teacher and I have attended her classes a lot of times. Of course, I am planning to continue attending her classes.

2. Angelika Yuganina. She is the teacher of the first Module of Kundalini Yoga teacher-training course on the basis of Guru Rottana's program (the instructor Sangita Kaur is Guzel Akhtyamova).

There was a warm-up Kriya "Transformation of Lower Triangle into Upper Triangle", relaxation, Warrior and Gobindey Mukandey Mantra meditation. Angelika's energy is very gentle but confident. I had already practiced these complexes before this class. I like Gobindey Mukandey mantra. Singing this mantra I feel energy and power, inner expansion and shining.

3. Olga Snegireva. The teacher of the first Module of Kundalini Yoga teacher training course on the basis of Guru Rattana's program. She has the certificate issued by K.R.I.Y.A. (Kundalini Rising International Yoga Academy, USA).

It was a two-hour class. There was a warm-up in the beginning, Kriya "Realization of ten bodies", relaxation and meditation Ra Ma Da Sa. During this meditation I feel love to everything, peace in which I want to stay all the time. She explains the material very well. After the class I felt lightness and the state of neutrality.

4. "Introduction to Kundalini Yoga for Beginners" by Oksana Goncharova. She is a teacher of Kundalini Yoga and has the certificate issued by Kundalini Research Institute (KRI, USA)

It was interesting to know how other teachers give the basis of Kundalini Yoga and compare it to my teaching. I liked how this teacher explained the idea of extra effort.

5. Tsiveleva Svetlana (Siri Akaal Kaur) is a professional instructor of the Academy of Instructors of Kundalini Research Institute (KRI, USA).

It was a one-hour class. As it was a video class it began with the Kriya "Heart Center" Complex. Working with heart meridian I felt that I needed warm-up before practicing Kriya. It is important especially for beginners. I liked this Kriya. I felt the effect of expansion between the exercises. It was the first time I had practiced the meditation

“I am”. I felt the process of expansion even more. The heat waves were spreading through my body especially in the heart center. I saw light in the mind’s eye.

6. Maria Teryan (Deep Prem Kaur) is a teacher of Kundalini Yoga.

It was a one-hour class. We practiced Kriya “Healthy Intestinal Canal”, meditation Finding Unity. Everything is explained very well. It was the first time I had practiced the meditation “Finding Unity”. It was a little bit difficult at first but after it my body became weightless and I continued practicing very easily. I noticed this effect in a lot of meditations where I had to keep an uncomfortable pose statically for a long time. Though, I liked the fact that my mind was calming down at that time. I felt stability and confidence inside. It made me trust myself even more.

7. Oleg Makarov (a teacher of Kundalini Yoga).

His class consisted of Pranayama Sitali, warm-up, Kriya “Total Balance”, meditation for inner balance. The pranayama and warm-up prepared my body for practice. I had already practiced this so the whole complex was quite easy for me. After the class I felt balance.

8. Maria Kalinina. She is a certified teacher of the 2 level (IKYTA) of Kundalini Yoga based on the method by Yogi Bhajan.

The class consisted of a warm-up complex for everyday practice and meditation for balancing the system. There were a lot of new exercises in the warm-up complex. Her teaching style, singing the tuning differed from everything I had seen before. The complex worked through all the groups of muscles and helped prepare for the meditation.

9. The teacher called this class Kundalini Yoga but it had nothing in common with the tradition of [Yogi Bhajan](#).

Attending classes or studying video courses I came to the conclusion that it helps enrich my knowledge, allow me to understand my students better and develop my teaching style. I am planning to continue attending classes of other teachers in the future.

I practice everyday [Sadhana](#), and continue my teaching once a week in Sangita Yoga Club. Besides, I am planning to teach more often.

SAT NAM!