



THE ABC'S OF KUNDALINI YOGA
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What stress in your life can do without?

WHAT CAN I DO AT HOME?

1. BE MINDFUL, CONSCIOUS AND AWARE OF YOUR ACTIONS

- a. What are you doing on a daily basis? One good tip is to eat ORGANIC LOCALLY GROWN FOOD
- b. Are your daily thoughts POSITIVE or NEGATIVE? Just notice.
- c. Do you notice any bad habits in your daily routine?

2. MEDITATE EVERY DAY

- a. Give yourself time to sit down, be quiet and just breathe.

3. MEDITATION #1

- a. Here is a simple meditation you can do in the mornings to give you Energy called RIGHT NOSTRIL BREATHING
- b. STEP ONE: Find a comfortable spot in your house or outside where you will not be interrupted
- c. STEP TWO: Sit in a comfortable position and use your LEFT THUMB to cover your LEFT NOSTRIL
- d. STREP THREE: Breathe ONLY through the RIGHT NOSTRIL, taking deep breaths in and out. Slow down the inhale and the exhale. You can also count to 5 as you INHALE and 5 as you EXHALE.

4. MEDITATION #2

- a. Here is meditation you can do at night called ALTERNATE NOSTRIL BREATHING
- b. STEP ONE: Find your comfortable meditation spot and come to a comfortable sitting position.
- c. STEP TWO: Use your RIGHT thumb to cover your RIGHT NOSTRIL. INHALE through the LEFT NOSTRIL, EXHALE through the RIGHT NOSTRIL. (You will have to cover up the LEFT NOSTRIL as you exhale through the RIGHT).
- d. EFFECT: This is a calming breath that will de-stress your nervous system and help you get ready for bed.