

High Tech Yoga

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 7, 1986

Sit straight. Eyes closed. Chant along with Rakhay Rakhanahaar music and repeat this series of exercises. This is a series of 8 mudras relating to the eight chakras. Change at each line of the mantra.
127 minutes.

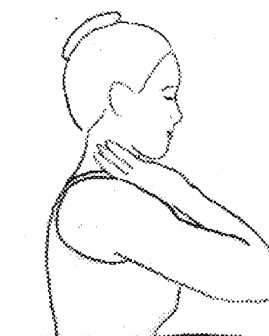
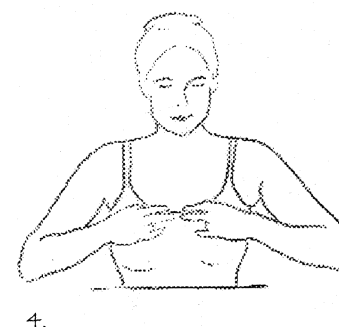
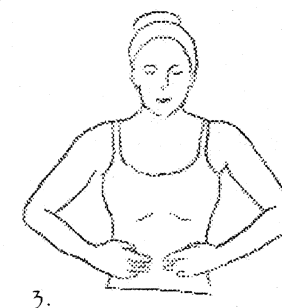
1. Gyan Mudra (thumb to index finger), wrists resting on knees with palms facing outward.

2. Gyan Mudra, hands resting in the lap with palms up.

3. Shuni Mudra (thumb to middle finger), press fingers at the navel area.

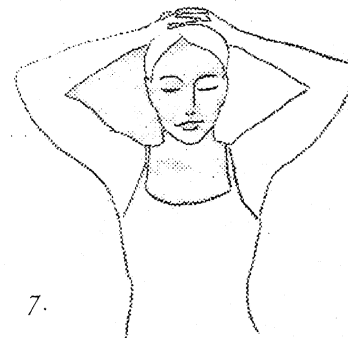
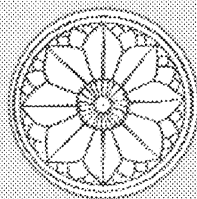
4. Surya Mudra (thumb to ring finger), press fingers at heart center.

5. Buddhi Mudra (thumb to little finger), press the fingers of hands below ears with fingers towards the back of the neck.

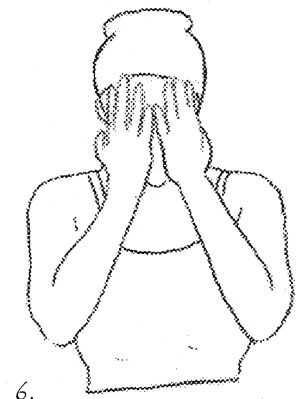


6. Both hands over face with fingertips along hairline ("Don't be surprised at what you see").
7. Interlock fingers on top of your head.
8. Extend arms out straight at 45 degrees with palms up.

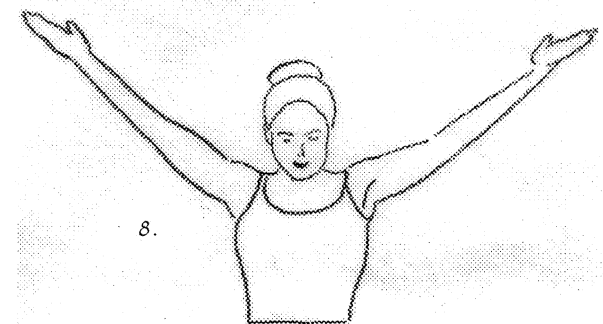
1. Rakhay rakhanahaar aap ubaaria-an
2. Gur kee pairee paa-i kaaj savaari-an
3. Hoaa aap da-iaal manaho na visaari-an
4. Sadh janaa kai sang bhavajal taari-an
5. Saakat nindak dusht khin maa-eh bidaari-an
6. Tis sahib kee tayk Naanak manai maa-eh
7. Jis simrat sukh ho-i sagalay dukh jaa-eh
8. Jis simrat sukh ho-i sagalay dukh jaa-eh



7.



6.



8.

Notes from Yogi Bhajan

Let anything go that comes.