

SYLLABUS YOGA AND KUNDALINI RETREAT

- ❖ Yogic purification for Kundalini Yoga
- ❖ Pranayama for Kundalini Yoga
- ❖ Bandha for Kundalini Yoga
- ❖ Mudra for Kundalini Yoga
- ❖ Meditation for Kundalini Yoga
- ❖ Philosophy for Kundalini Yoga
- ❖ Hatha yoga for Kundalini Yoga
- ❖ Ashtanga Vinyasa series



The Philosophy Of
SIDDHANT School Of Yoga

CLARITY

FOCUS

GRATITUDE

SELF COMMITMENT

NON COMPLAIN

WILL POWER

UNDERSTANDING

RIGHT PRACTICES

SIDDHANT SCHOOL OF YOGA

“Awaken
The
Energy
With In
You”



YOGA &
KUNDALINI
RETREATS



SIDDHANT SCHOOL OF YOGA

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Yoga & Kundalini Retreats

Kundalini retreat gives you the experience and understanding all about the energy and its awakening towards the right direction for experiencing something unique and beyond. :Siddhant

IMPORTANCE AND BENEFIT OF YOGA AND KUNDALINI RETREAT

Kundalini yoga is very important because it is directly related to your chakras (energy centres) and chakras are connected to the different qualities and potentials of your personalities. By working with your chakra, you can develop certain qualities accordingly. By Kundalini Yoga you can be uplifting your energy from lower chakra to upper chakras and experience the height of yoga and spirituality. So Yoga and Kundalini retreat is one of the best platforms to get positive qualities and experience something beyond is all about this yoga and Kundalini retreat. You can be beneficial a lot during this yoga retreat such as:

- ❖ Discover your Chakras.
- ❖ Understand the connection between your brain and your body.
- ❖ Develop your desired qualities working with separate chakra accordingly.
- ❖ Experience your energy is the master of your body and mind.
- ❖ Control your body and the mind by Kundalini yoga.

- ❖ Discover and know all about the 'Sushumna' (queen of your energy channels).
- ❖ Experience 'present moment', 'focus' and 'balance' through Kundalini Yoga.
- ❖ All kind of 'Healing' will be easy after Kundalini yoga.
- ❖ Meditation will be easy after Kundalini yoga

ABOUT YOGA AND KUNDALINI RETREAT

Yoga and Kundalini Retreat gives you an overall knowledge of your energy and its work within you. Kundalini yoga has two steps. First, you need to discover your energy centers called Chakras and awaken them is all about chakra meditation. Second, you need to allow the energy to move one centre to another centre is all about Kundalini meditation. Kundalini Sadhana needs a great deal of patience and hard work; you must not hurry at all. It needs to understand all aspect of Kundalini yoga and keep on practice without any expectation.

Siddhant School of Yoga is very honest and authentic about the presentation of Kundalini Yoga Education. We are using some special Asanas, Pranayamas and Yogic Kriyas during this Kundalini Yoga retreat to experience Chakra, Kundalini and its awakening.

HIGHLIGHTS OF YOGA AND KUNDALINI RETREAT

- ❖ Find and discover you chakras
- ❖ Learn the right techniques to awaken your chakras
- ❖ Know about each chakra and their qualities
- ❖ Know all about the Kundalini in special Kundalini philosophy
- ❖ Get right techniques for awakening your Kundalini
- ❖ Practice pranayama for Kundalini awakening
- ❖ Get special Asanas for awakening your Kundalini
- ❖ Know the precautions of Kundalini yoga
- ❖ Understand the practical aspects of Kundalini yoga
- ❖ Get support after this retreat