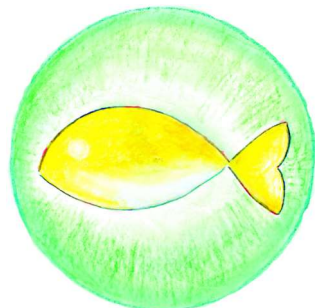


HATHA & KUNḌALINĪYOGA

TEACHER TRAINING 200H



MATSYA KUNDALINI YOGA ACADEMY



HATHA & KUNḌALINĪYOGA

RYS - YOGA ALLIANCE
TRAINING



E-RYT - CLEMENS BIEDRAWA

A Training for you - welcome home



• ————— ॐ ————— •

Table of Contents.

YOUR SAMKALPA.....	12
What is the intention of your heart?	12
WHAT IS YOGA	14
BIRDSEYE VIEW OF THE HISTORY OF YOGA.....	17
Bravery	17
The Early beginning	18
The first Yoga	20
The Pre-Classical era	21
The Classical era	23
The Post- Classical era	30
Modern Yoga	35
PHILOSOPHY OF YOGA	39
Reality vs. non-reality of being	39
The tantric nature of the Divine	42
The Tattwas	45
The Classical Way	52
White, red and black Tantra	55
Karma and reincarnation	57
Karma, freedom and trauma in yoga	63
HATHA AND KUNḌALINĪ-YOGA.....	67

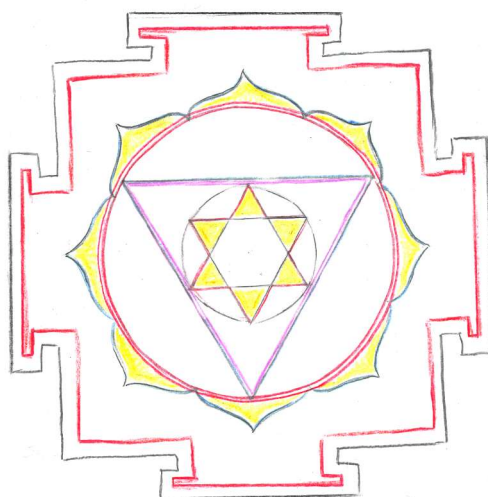
Aim of Haṭhayoga	67
Kuṇḍalinī	68
Kuṇḍalinī in Trika Tantra	71
The forgotten secret of Kuṇḍalinī Yoga	73
ROOTS OF KUṆḌALINĪYOGA	79
The Kaubjika	80
THE IMPORTANCE OF KNOWLEDGE	87
The knowledge	87
The Scripture	88
Initiation in the Golden Chain	88
A GENERAL YOGIC ANATOMY	91
The Nāḍis	91
The Prāṇas	93
The Kośas	97
THE CHAKRAS	103
History	103
Chakras as a tool for meditation	104
Traditional tools	104
Systems	107
Chakras and their reality	107
The great importance of the chakras	108
The venerable Goddess Vagrā (Kubjika) said...	110
Modern understanding of the KAubjika System	114
MŪLĀDHĀRA	117
Seat of the beginning	117
Characteristics	118

SVĀDHIṢṬHĀNA.....	121
Seat of desire	121
Characteristics	122
MANIPŪRA.....	125
Seat of Power	125
Characteristics	126
ANĀHATA.....	129
The place in the middle	129
Characteristics	130
VIŚUDDHA.....	133
The crown of the world	133
Characteristics	134
ĀJÑĀ.....	137
The endless mystery	137
Characteristics	138
SAHASRĀRA.....	141
The place of liberation	141
Characteristics	142
INTERACTIONS BETWEEN THE CHAKRAS.....	145
Progressive interaction	145
Parā and Aparā	146
The Mirror	146
The Transformation	147
What you should know about the chakras	148
WESTERN ANATOMY OF THE HUMAN BODY.....	151

The muscular system	151
The skeletal system	152
The endocrine system	153
The nervous system	153
The digestive system	155
The immune system	156
The respiratory system	157
The reproductive system	158
PRACTICE	163
Your means	163
Attitude and attainment in practice	164
ĀSANA.....	169
Introduction	169
Modes of Practice	170
Rules of Practice	171
Contraindications	173
Methods of teaching a class	174
Bodily Alignment and Types	177
46 Asanas	182
RELAXATION.....	195
Śavāsana	195
Death	195
PRĀṆĀYĀMA	199
Introduction	199
How to practice	201
The Prāṇāyamas	205

MUDRĀ.....	215
Introduction	215
Function of Mudrā	217
Hasta Mudrās	217
Mana Mudrās	221
Kāya Mudrās	225
Bandha Mudrās	228
Ādhāra Mudrās	229
Rules for Practice	231
BANDHA.....	233
Introduction	233
Mūlabandha (support lock)	234
Uḍḍīyānabandha (upward rising lock)	236
Jalandharabandha (nectar, water lock)	237
MANTRA.....	241
Introduction	241
Om	244
Our lineage, our mantra	246
Bīja	249
Svara	250
MEDITATION	253
Introduction	253
Pratyāhāra- Withdrawal	254
Dhāraṇā- Fixation	255
Dhyana- Meditative absorption	256
Samādhi - Coming together	257

Tantric Meditation	259
YOGIC LIFE.....	263
Secrecy	263
Sādhana	264
Food	265
Orientation with Patañjali	270
Being a Yogi in this world—pay attention.	271
Ego	272
The challenge of teaching yoga	274
Sex, power and money	275
ABOUT.....	279
The way	279
SANSKRIT SPELLING	280
BIBLIOGRAPHY.....	282
INDEX OF CITATIONS.....	285



Sit straight with your being erect.

Settle your self in the cavity of your heart.

There is a luminosity inside of yourself, that expands
from your heart through the world.

You have no body, but instead you are that body of
your inner luminosity, it is your very self.

Breathe in and settle in your heart, that is your self.

Breathe out and expand this heart throughout the
world.

*By concentrating on the lotus of the heart, there arises a
state of sorrowless joy, which is infused with inner light.
Such a state anchors the mind in a state of freedom.*

Vyāsa – Yogasūtrabhāṣya, Chapter 1, Sutra 36

YOUR SAMKALPA

WHAT IS THE INTENTION OF YOUR HEART?

If you do not know it, now it is the time to discover it. Write it down just here.

WHAT IS YOGA

Yoga Chitta vritti nirodha

Yoga in all its forms is the answer to humankind's fundamental questions. The West tried to answer these questions with science, while the East turned to spirituality.

What, and why, am I? Why is there a “real”? What is the nature of the real? What is its permanent ground? What is the individual within it? What is its meaning?

The West considered matter and measured it. The East looked into experience and explored it. Yoga is a phenomenological science that concerns itself with the phenomenon of experience. Measurable reality is subordinate to internal experience. This approach is valid if one considers that all reality must pass through the experiencer in order to become meaningful.

The yogas are an investigation into one's own nature and the nature of existence that lies within. Furthermore, they offer a path from which to realize one's true nature beyond the phenomena of transitory experience.

Yajnavalkya defines yoga as the union of the individual self with the supreme soul. Patañjali describes it as the stilling of the patterns of consciousness. Abhinava Gupta defines it as the realization of one's eternal nature. All these definitions are correct and useful to use—the only differences being in the method of practice rather than the final goal. Yajnavalkya offers us the science of Kuṇḍalinī as a means to elevate the individual soul. Patañjali teaches us purification of mind to reach final stillness and Abhinava Gupta teaches us tantra as a way to connect with the Goddess and to realize one's own true and eternal being.

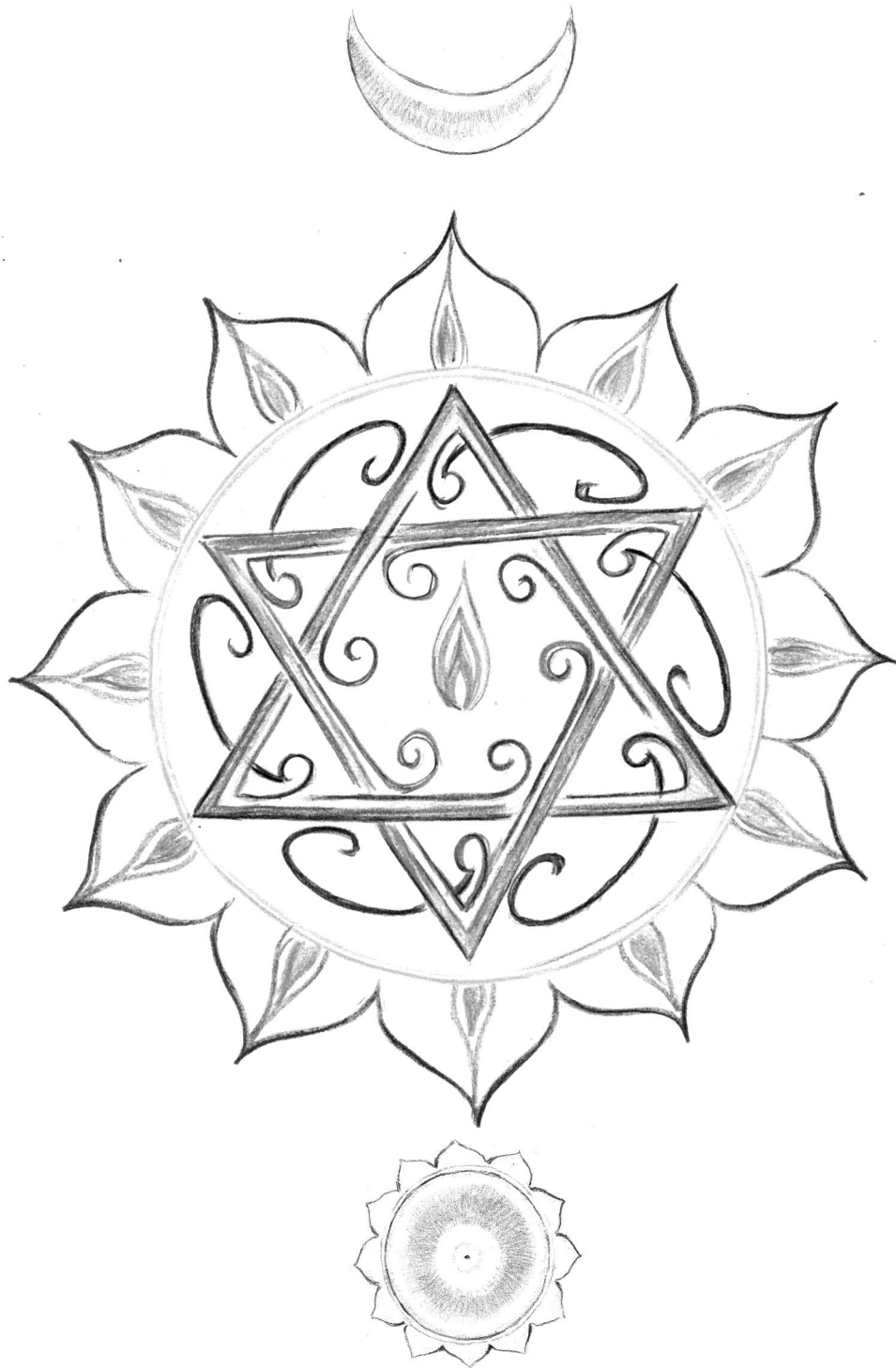
In all of its definitions and forms, yoga is therefore an investigation of one's eternal being. However, even more than that, it is the science of how to reach this being that is your essential nature.

It is an invaluable gift for mankind.

Yoga is defined as the unification of the many pairs of opposites, such as the unification of inbreath and outbreath, so also in one's blood and one's semen, the unification of the sun and the moon, or the individual soul with the supreme soul.

Goraksanatha, Yogabija, 88-90ab

+





BIRDSEYE VIEW OF THE HISTORY OF YOGA

*Om saha nāv avatu | saha nau bhunaktu |
saha vīryam karavāmahai |
tejasvi nāvadhītam astu mā vidviṣāmahai ||
Om śāntiḥ śāntiḥ śāntiḥ |*

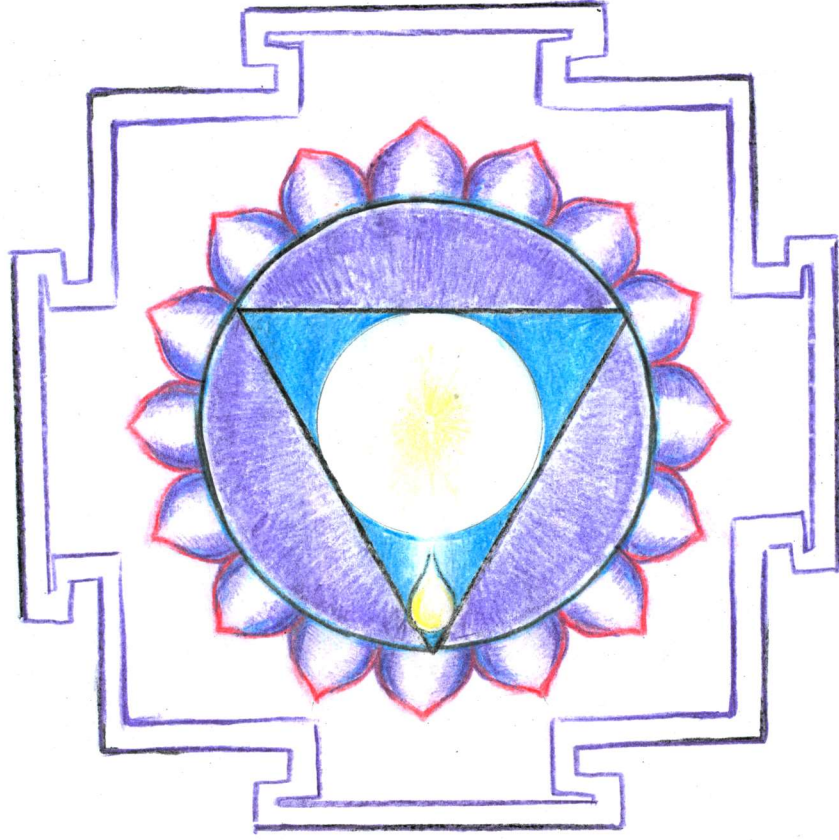
*May we together be protected,
May we together be nourished.
May we work together with vigor,
May our study be illuminating.
May we be free from discord.
Om Peace, Peace, Peace!*



BRAVERY

The history of *kuṇḍalinīyoga* is undoubtedly connected to the emergence of Indian civilization and thought. Although the concept of Śakti or Energy as the consort of pure unmanifested being still lay in the distant future at the dawn of India's history, Indian thought was suffused by spiritual inspiration. This spiritual wonder about the world carried the seed of future discoveries on the numinous.

Indian thought has always been unique. Not only has there existed a deep feeling that reality is a place permeated by the presence of the divine, but Indians as a whole tend to be philosophically inclined. Reality was never taken as that which could be comprehended with a single answer—indeed, one answer was never enough. The question concerning the nature of all seemed more real than its

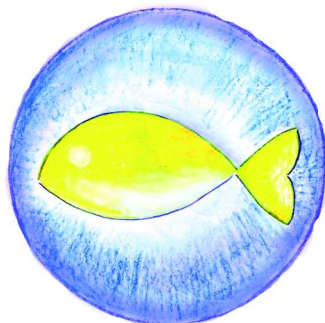


KUNḌALINĪYOGA

KRIYĀ



MATSYA KUNDALINI YOGA ACADEMY



KUNḌALINĪYOGA

RYS - YOGA ALLIANCE
TRAINING



E-RYT - CLEMENS BIEDRAWA

A Training for you - welcome home



ॐ

Table of Contents.

KRIYĀ.....	7
Introduction	7
Our Matsya Kriyās	7
Matsya Mūlādhāra Kriyā	11
Matsya Svādhiṣṭhāna Kriyā	21
Matsya Maṇipūra Kriyā	31
Matsya Anāhata Kriyā	41
Matsya Viśuddha Kriyā	51
Matsya Ājñā Kriyā	59
Matsya Apāna Kriyā	61
Matsya Mahā prāṇa Kriyā	67
Matsya Samāna Prāṇa Kriyā	73
Matsya Udāna Prāṇa Kriyā	79
Matsya Vyāna Prāṇa Kriyā	85
Svāmī Vidyanand Purification Sādhana	91
Sanjeev Pandey ji Prana strenghtening Series	97
CONTEMPLATIONS.....	104

