

Graceful Evolution

Kundalini Yoga

Kundalini Yoga comes from northern India and has a centuries-long tradition. It was brought to the West by [Yogi Bhajan](#) in 1968. It is a powerful yoga system that includes not only physical and meditation exercises, but also healing techniques such as [Sat Nam Rasayan](#) and yogic massage, nutrition and lifestyle teachings of [Ayurveda](#), and yogic lifestyle. The comprehensive science of Kundalini Yoga also includes [Numerology](#), the large group meditation courses of [White Tantric Yoga](#), the martial arts technique [Gatka](#), and special pregnancy yoga and yoga for childbirth.

Kundalini Yoga is also called the *"Yoga of Awareness"*. It is ideal for people in the prime of their lives, because it helps to meet the daily demands and challenges actively while staying calm and balanced. The aim of this comprehensive self-training is the harmonization of body, mind and spirit through posture and movement, concentration, focus and meditation, conscious breathing and sound (mantra).

What Can Expect in a Typical Class?

A typical part of Kundalini Yoga is a dynamic or flowing exercise series, beside quiet posture-holding exercises and versatile meditations, which are often also applied to Mantra music. The life energy is brought to flow. This can lead to greater vigor and more awareness in everyday life and a more conscious and healthy dealing with one self and others.



Kundalini Yoga is not dogmatic, but impact-oriented, full of meditative elements and techniques that can be directly integrated into practical, everyday life.

Kundalini Yoga - the Yoga for everyone

Compared to many other types of yoga, Kundalini Yoga is characterized by more simple basic postures. Many exercises and kriyas are easy to perform, yet highly effective. Kundalini Yoga is therefore suitable for people of all ages and physical condition. Its beneficial effect is quickly noticeable. Kundalini Yoga can open up an individual way to better health and balance, because it teaches body awareness and mindfulness,

while working holistically on all physical systems and leading mind and soul to their natural, original state of inner peace.

Your Teacher

Elisa (Sat Bani Kaur)



I have been practicing yoga for about 5 years, I began practicing Kundalini yoga 2 years ago, and it ignited a complete transformation of mind, body and spirit. I knew that I would go on to teach this lineage.

I'm also a nurse part time with the WRHA, my 18 years of health care experience has been invaluable.

My most important job of all is wife, mother and home educator to my four daughters, ages 9-4 years.

For your comfort.

Wear loose fitted clothing that is comfortable moves with you. You may wish to wear layers as your body temperature will likely change during practice, warming during the more active phases and cooling during the restful phases. Please bring a blanket for extra comfort during the relaxation and meditation portion of the class.

You contribute to the experience.

Please refrain from wearing perfume or other strong scents to class. Turn off cell phones or make them completely silent, in other words no vibration. Remove shoes in the vestibule before entering the practice area. Be on time to class. If you intend to miss a class please email (gracefulevolutionyoga@gmail.com) or TEXT: 204-479-4857

Your Wellbeing.

You are responsible to make me aware of any medical conditions or physical concerns you may have in general and on the day of your class. I will offer guidance and accommodations based on this knowledge. Chairs and props are available to assist you whenever you need them. It is your responsibility to keep yourself safe and injury free. Use your own wisdom and knowledge of your body to make adjustments during your practice. This is YOUR practice and is intended to benefit you and address your particular needs. You always have a choice. You decide

what's right for you.

