

KUNDALINI YOGA PERSONAL INITIATION

WHY KUNDALINI YOGA?

The effectiveness of Kundalini Yoga as a method for **maintaining health and promoting healing** has been scientifically proven in many studies. You gain a strong immune system, vital glands, a strong nervous system, good circulation, and an awareness of the impact of your habits.

Kundalini Yoga is a **powerful yoga system** that includes physical and meditation exercises, as well as healing techniques, yogic massage, Ayurveda nutrition, yogic lifestyle, Numerology, large group meditation courses of White Tantric Yoga, the martial arts technique Gatka, and special pregnancy yoga and yoga for childbirth.

Kundalini Yoga is perfect for people who have to cope with the daily challenges and stresses, it's short, it's precise, it's perfect, it has a fact in experience. **This yoga is suitable for people of all ages and physical conditions.** Its power lies in the actual experience. No words can replace your experience.



This yoga is characterised by more simple basic postures (asanas), a comprehensive system of exercises (kriya), breathing (pranayama), meditation, chanting and a healthy mental projection. **A regular class is composed of:**

- An opening ritual;
- A kriya;
- A relaxation and a meditation;
- A closing ritual.

HOW CAN KUNDALINI YOGA HELP YOU?

Kundalini Yoga is also called the Yoga of Awareness. It is a dynamic, powerful tool that is designed to give you an experience of your soul. Mantra chanting plays a vital role in Kundalini Yoga, as it opens you to your Spiritual Awakening. You come to understand your existence in relationship to the universe and the practical experience of Infinity.

As you practice Kundalini Yoga you will grow. Like a snake you will need to shed old skins to be more of who you are. You will need to examine certain attitudes, behaviours, and emotional habits. You will gain new perspectives, capacities, and habits that can support your expanded awareness.

Kundalini Yoga is like an express train that shakes and wakes you up.

Be very welcome and encouraged to have an experience of Kundalini Yoga for yourself!

ABOUT ME

I started practicing Kundalini Yoga in 2013, after I suffered from burn-out and depression. In my opinion, **you do not land in a Kundalini Yoga class by chance.** Out of the many forms of yoga, Kundalini Yoga is the most comprehensive. **It fundamentally changes you.**

In 2015, I left my career in marketing to be a Kundalini Yoga Teacher and life-coach, and founded ELATE Wellbeing Luxembourg.

I am a KRI* certified Kundalini Yoga teacher trained by the Cherdi Kala International School for Kundalini Yoga, and the International Karam Kriya School of Shiv Charan Singh. Currently, I am in the process of finishing my Level 2 Teacher Training.



My spiritual name is **Nam Hari Kaur**, which means the kind and creative princess/lioness who meditates upon the Name of God with all her heart.

(Kundalini Research Institute)

Melanie Reid

LOCATION

You can practice **from the comfort of your own home by opting for the easy Zoom online version** of your personal training.

“**ELATE Wellbeing Luxembourg**” is located in the heart of Luxembourg’s small municipality **Bertrange**, easily accessible by bus, train and car. Car parking is available free of charge outside the house (27 rue Schauenburg). *Please note that there is a dog on premise.*

The yoga room has been accommodated according to the Covid-19 regulations of social distance. For the moment, this means that only maximum one person can practice at any given time with the teacher.

PLANNING

Mondays, Tuesdays and Thursdays
6:00 PM to 7:30 PM
/ or /
6:30 PM to 8:00 PM

***Weekends on request**



PRICING

For one person

	Zoom	On location
1 lesson	--- 35€ ---	40€
2 lessons	--- 60€ ---	65€
3 lessons	--- 75€ ---	80€
4 lessons	--- 90€ ---	100€

For a pair

	Zoom	On location*
1 lesson	--- 60€ together ---	70€ together
2 lessons	--- 100€ together ---	120€ together
3 lessons	--- 120€ together ---	150€ together
4 lessons	--- 140€ together ---	190€ together

* After the Covid-19 restrictions have been lifted.

These Kundalini Yoga private initiation classes are based on a random, non personalised curriculum and last 1 ½ hours. They include a kriya and a meditation, as specified in the subsequent section “About Kundalini Yoga”.

The course will follow a standard development of themes, as for any regular group practice. Should you wish to receive a specific, tailored-to-needs personal Sadhana (your personal daily spiritual practice), please ask for the bronze, silver and platinum packages.

Classes can be taught in English, French, German or Luxembourgish.



Uplift Your Serenity. Shift Your Destiny.

CONTACT

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Please check online and read our Disclaimer before you begin your practice. You may also want to consult the Practice Guidelines if you are not familiar with the practice:
www.elatewellbeing.com