

## **Welcome to ANAHATA Yoga Sound and Energy Healing.**

We are excited to have you as a part of our thriving yoga community! Our yoga is spiritually based yoga, delivering you to YOU. There is NO religion, no initiation, just tools, technology, science, and teachings designed to bring you to you best and highest consciousness through mind, body, spirit and community connection. We offer a broad range on yoga including Kundalini Yoga and Meditation, Restorative, Yoga Nidra, Vinyasa Flow, Gentle Yoga, Basic Yoga, Kids Yoga, Preschool Yoga, Tai chi, and LOTS of Sound Healing Meditations!

Join us at our NEW and LARGER location at  
14148 N 100th St, STE C-130 Scottsdale, AZ 85260

ANAHATA is the first yoga studio in the valley to incorporate sound healing into each yoga class! Crystal singing bowls and gong sonic therapy in addition to ancient yogic techniques promote healing and balance to connect you back to the YOU inside of you. Our peaceful environment is a sanctuary for all ages and abilities to be present, find balance, perspective, and be a part of a community of conscious connection.

"ANAHATA's focus is on spiritual and ancient yogic practices such as Kundalini Yoga and Meditation. Other practices include Restorative, Yoga Nidra, Gentle Hatha and, Sound Journey Meditations. Our classes are unique and the environment is like no other. We have an intimate community with classes focusing on pranayama (breath) mantra (chanting), mudra (hand positions) and asana (yogic postures) while utilizing the powerful healing of the gong, and crystal singing bowls during relaxation. It's an experience for the body, mind, and spirit!" *Ronee Kipnes – Owner*

### **Why should I try Yoga?**

To be happy! Yoga is a spiritual practice involving the body, mind, and soul. At ANAHATA Yoga, you will find community and gain tools to be the best version of you. We offer daily classes and our amazing, heart-centered teachers are required to have a daily practice, community involvement, and to continue their yogic education. They maintain current IKYTA membership and follow the code of ethics, or hold 200hr+ Yoga Alliance Certification and are here in service to YOU.

### **Tips!**

#### **Come Early...**

Create an account on our website and sign up for one of our New Student Specials. Arrive to the studio AT LEAST 10–15 minutes before the class time starts. If you must sneak in a few minutes late, be mindful. Come in quietly, and simply join in the practice.

## **Shhhhh...**

Please be mindful and QUIET in the reception area and community spaces at all times. Many of our classes are meditative in nature and we want to maintain a serene and peaceful environment for you and our other community members.

## **What to Bring...**

Although we have a few mats, blankets, bolsters, and blocks to borrow, we ask that you bring your own mat and yoga blanket when possible as well as a pre-. Your yoga mat will become your sacred practice infused with your beautiful energy, sweat, and tears.

## **Be comfortable...**

Wear loose natural fiber clothing for Kundalini Yoga, white if you have it. You may also wish to wear a white headcover - head coverings of any kind are useful for a meditative practice.

For other classes, yoga pants, or loose clothes are worn. Just be free to move and invert.

Bottom line, don't stress about this, be comfortable and able to move freely without having to fuss with your apparel.

## **Food and Drinks...**

Please limit your food intake an hour or more, prior to class. Water, water, water. Bring a full water bottle with you. If you need more, we have a water filling station.

## **Be open-minded!**

Your first couple of classes can be a bit overwhelming. Many students have never chanted, done conscious breathing, or attempted to meditate, and find these practices un-nerving. Commitment is the 1<sup>st</sup> step on the pathway to happiness, so commit to yourself for the full length of your introductory offer. Although yoga is a spiritual practice. It is NOT a religion. We have students of all faiths and denominations practicing Kundalini Yoga and other meditative forms, without compromising their integral spiritual beliefs.

Give it time to see how things "shift" within you. It is not always easy, and at times it can be downright challenging. The yoga and the sound healing can bring up profound internal shifts which at times can feel uncomfortable. Connect to the breath, to community, and keep showing up! We all need to take the emotional/mental trash to the curb in order to find peace and happiness in our lives

## **Sound Healing...**

We are one of the largest distributors of Crystal Tones Alchemy Singing bowls in the nation. We have 3 gongs, and over 150 Crystal Singing Bowls for use in classes, and for sale. They have a profound healing and clearing effect on the the physical, emotional, mental, and spiritual bodies. At times, students may experience emotional or physical discomfort as energy moves, clears, and clears the psyche. If this should occur, feel resolved in know it shall pass. Connect to the breath, and consciously relax. Slow the breathing and breathe long deep breaths in and out through the

nose. Take a salt bath to ground you if you feel anxious after class. Know that any emotion or feelings that arise are ok. We want to clear things out! “Up and out!” This paves the way for deep healing.

### **Ask questions and connect...**

Your teachers and the front desk staff are here in service to you, our community. Feel free to ask questions! If we do not know, we WILL find out.

Chat with other students... if inside the studio, speak quietly, and be mindful of others who may be seeking a peaceful moment. That being said, get to know each other. Share your experiences. We have an amazing group of conscious individuals creating an amazing and supportive community together...

## **About Kundalini Yoga as taught by Yogi Bhajan.**

**Kundalini Yoga, the Yoga of Awareness**, has been developed over centuries in India and is an ancient technology. Kundalini It is the mother of all yogas and it comprehensively merges the elements of physical asanas or postures with pranayama or breathing exercises and the use of the sound current through mantra also known as Naad yoga.

### **1) Tuning In**

Kundalini Yoga Classes always begin with an opening mantra to tune in mentally, physically, and spiritually. The Adi Mantra - Ong Namō Guru Dev Namō is chanted 3 times. This is a tool to relate instantly to the divine teacher within, and to center us in the higher self. It is also our connection to the teacher and the Golden Chain of teachers, yogis and sages, who have come before

### **2) Pranayam (Breath Work) or Warm-up**

Kundalini Yoga utilizes breathwork, or pranayama, to effect and manage different states of consciousness, relaxation, and well-being.

### **3) Kriya**

A Kriya is an exact combination of postures, breathing and sound that have a specified outcome to balance body, mind and spirit while increasing mental clarity and physical vitality.

### **4) Relaxation**

Deep Relaxation (Savasana) is often called the most important pose in yoga. This is where the

magic happens. We work our glandular and nervous systems hard in practice, and then in relaxation, we allow it all to integrate!

## **5) Meditation**

Kundalini Yoga meditations , practical tools that carefully and precisely support the mind and guide the body through the use of breath, mantra (chanting), mudra (hand locks) and eye focus. There are thousands of Kundalini Yoga meditations each having a specific effect and outcome. Wanting to calm the mind? There is an app for that!

## **6) Closing**

We close each Kundalini Yoga class by singing The Long Time Sun song along with chanting Sat Nam. (Truth is my identity).

**Come check it out for yourself and see how you feel... Sat Nam!**