



KUNDALINI YOGA FOR WITCHES, LIGHTWORKERS AND MAGICAL PEOPLE

Link to the workshop:

<https://us02web.zoom.us/j/87189974671?pwd=ZG9DU1dDc1p2SHc2QzNlNUgzU1Nzdz09>

Password: **MAGICK333**

I'll email you the link again the day before the workshop!

IMPORTANT INFO

Please be prepared for the class with a yoga mat, cushion, water, blanket and anything else you need to keep yourself safe and comfy in your space. Traditionally Kundalini yoga is practiced on a sheepskin. As a vegan who is concerned about ethical consumerism my personal choice is a cotton blanket or rug or eco-friendly yoga mat.

If you are joining us live you will be invited to turn your video on so I can see how you're doing, help you get the correct alignment and stay safe as you practice. In Kundalini yoga we practice with eyes closed most of the time (unless this doesn't feel safe for you, then keep your eyes open), so no one else will be watching you. The workshop will be recorded on a different device for the replay so you won't be recorded.

Always look after yourself and listen to your own body. There is a fine line between pushing yourself to your edge and overdoing it. Only you know where that line is, please don't step over it. If at anytime you would like to rest, rest. It's all good. It is said that 80% of Kundalini yoga is just showing up!

Once we are in the workshop everyone will be muted. If you have a question while we are practicing please post it in the chat box and I'll help you there so we don't disrupt anyone who may be deep in the practice.



IMPORTANT INFO CONT.

The practices I'll be sharing with you in this workshop are ancient and sacred. I will always keep the integrity of the practices and teach you as I have been taught, but in a way that will (hopefully!) resonate with the modern witch, lightworker and/or magick maker looking to make positive change within themselves, their lives and the world.

A head covering is often worn in Kundalini yoga. This is believed to have many benefits including protecting the crown chakra, activating certain pressure points and is a way to show respect for the practice. If you feel called to, please bring a head covering - this can be a scarf, beanie, bandana, whatever you like. This is totally optional!

Traditionally Kundalini yoga is practiced dressed in all white. This is again also totally optional, but it is said that this can help expand the auric field. Give it a go if you like!

Kundalini yoga can move your energy powerful ways. You may feel some emotions come up in this workshop. I invite you to journey with what comes up and please know it's very normal to feel a lot of feelings during these practices. If anything feels like it's too much for you in the moment, just stop the practice and sit in easy pose or lie down.

And finally, as with many yogic traditions, Kundalini yoga, its history and its teachers have not been without controversy. I believe in the truth, love and transformational power of the practice and do not connect this to any one person. This is the yoga of experience and it's about you and your practice, your connection to the divine light and wisdom within and the god or goddess of your own understanding.

If you have any questions or concerns please just send me an email:
vix@newagehipster.co

Looking forward to practicing with you soon!

Sat Nam (truth is my identity),

Vix