

YO(uth)GA: Applying yoga and using nature in youth work

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Hello dear youth-workers,

Within this document you find techniques and one video with practice of kundalini yoga.

The links for video and meditations are extra materials for you to explore and study. We recommend choosing one of the techniques and practicing it for 22 - 40 days. Make notes during this process.

<https://www.youtube.com/watch?v=CozkPhT51qk&t=213s&authuser=0>

- Hands in Pran Mudra (Ring & little fingers touching tip of thumb, pointer and middle fingers pointed up)
- Hands raised at shoulder height
- “Standing Shiva” posture balancing on one leg. The opposite leg is raised up and crossing the standing leg
- Begin bouncing up and down on one leg, alternating legs every 30 seconds.
- Chant aloud, powerfully from the navel

Below you see the 3 techniques which we have done during our week together.

Further on Kirtan kryia is amazing meditation, try with the video below.

<https://www.youtube.com/watch?v=jfKEAiwrgY>

You can also find videos with short exercises on the website of Adesh with more coming in 2022.

<https://www.beranekpetr.cz/videoa-web/>

YOGA vs. YOUTH-WORK

We believe there is a need for transformation. As youth workers we are supposed to provide fair treatment to every young person we are working with.

We believe yoga is a great tool to **“unlearn” the social patterns** we learnt throughout our life, such as **stereotypes** and **prejudices**, and acquire neutrality towards diverse groups of people as an alternative. This will lead to increased capacities of youth workers, but also motivation and wellbeing.

The easiest way to learn new tools is to learn them physically in person. In this case new tools are yoga and meditation.

YO(uth)GA was a training course taking place in Czech Republic on 6 to 14 September 2021, in order to

- To **introduce yoga** philosophy and methodology into European youth work,
- To explore, provide, exchange and develop innovative theories and educational approaches that youth workers can use in order to improve their work with marginalized youth that is subject to prejudices,
- To deconstruct the out-dated limiting attitudes towards youth work and yoga,
- To increase the capacities, motivation and wellbeing of youth workers,
- To spread the new innovative practices among youth workers around Europe and implement new activities targeting young people that they work with.
- To develop sustainable daily practice of yoga or any other daily routine that will be practiced by the youth workers.

Through yoga, meditation and nature...

Awake,

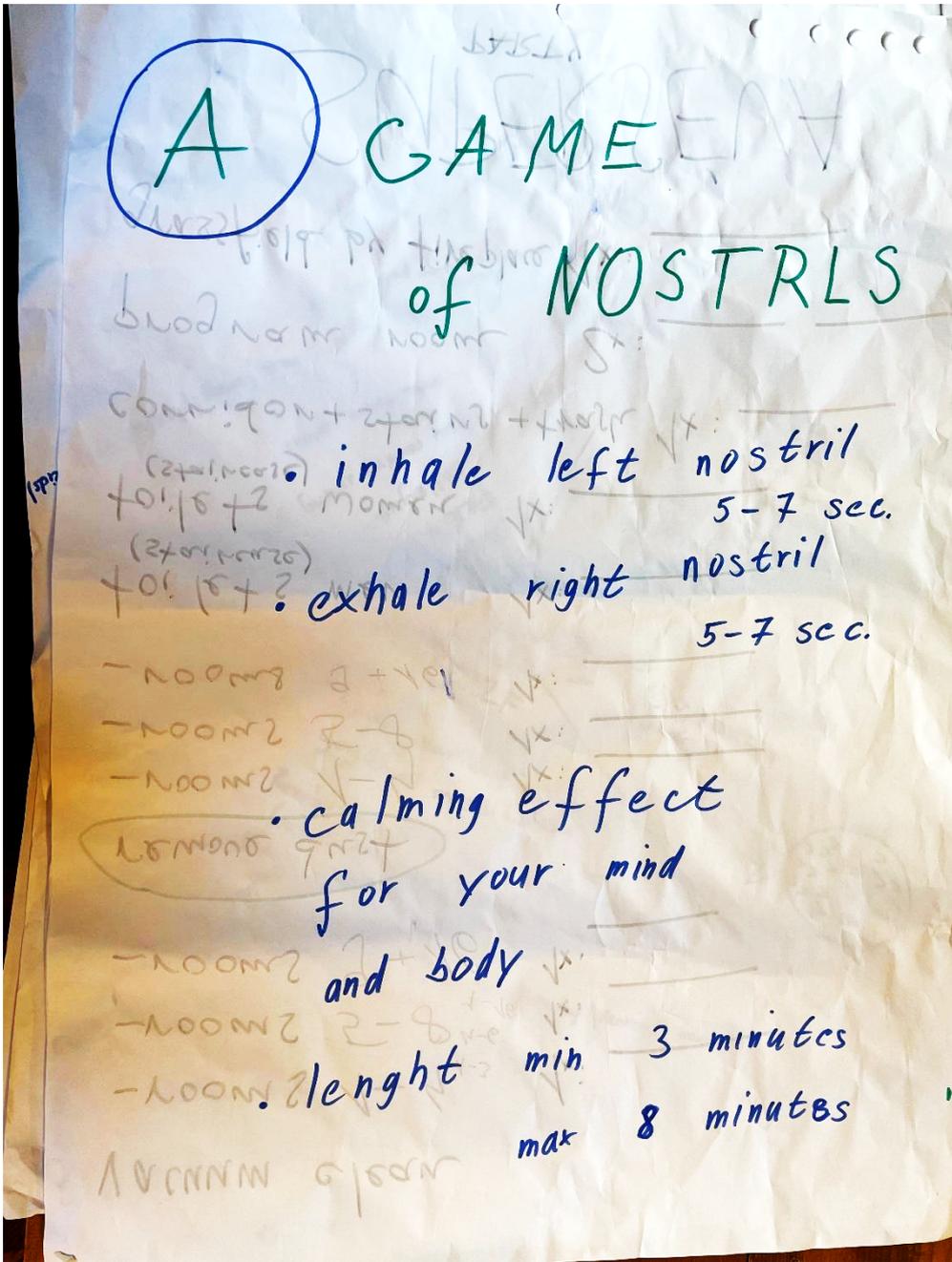
Share,

Shape

... yourself :)

***"You are as old as the flexibility of your
spine." YB***

(A) Game of Nostrils



(B) Sahibi Kriya

B

SAHIBI
KRIYA

to master your
Domain

exercises

- frogs

- act from center of your being

- circulate blood

- hold important thought

- length - ca. 40 minutes

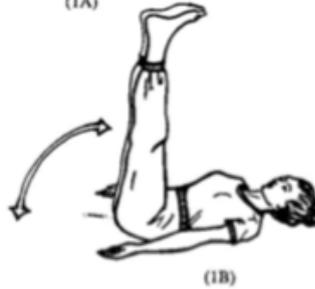
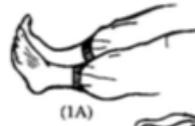
When you control your domain you "come from" or act from the center of your being. In the realm of mind it means you can hold and project an important thought. In the realm of body it means you are able to circulate blood from the core to all the outlying limbs and glands. This kriya gives you that command in both realms.

The deep muscular tension released through these exercises enables the blood to flow freely to all parts of the body feeding the cells with oxygen and nutrients and flushing the body of toxins and the byproducts of normal metabolism.

Follow this series by the meditation to gain the spirit of a saint and fearlessness of a warrior.

1. Lie down on the back with the heels together and flex the feet toward the head (1A). Make a circle of the mouth and begin Breath of Fire through the mouth. Raise the legs straight up to 90° and lower them to the ground keeping the feet and toes flexed and the knees straight (1B). Move rhythmically with the breath for 5 minutes then inhale and hold the legs up briefly. Slowly lower the legs to the ground as you exhale. Resume the exercise raising alternate legs to 90° (1C). Breathing in the same manner move rapidly for 2 minutes.

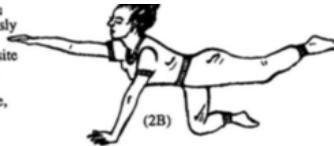
This exercise helps to correct menstrual irregularities.



2. This is a two-part exercise done in Cow Pose. First extend alternate legs up and back as high as possible (2A). Begin Breath of Fire through the circled mouth raising and lowering the legs rapidly in rhythm with the breath. Continue for 4 minutes.



Next, remain on the hands and knees. As you raise the right leg up and back, simultaneously extend the left arm straight out in front of the body (2B), then lower them and raise the opposite arm and leg. Continue alternating the arms and legs, moving rhythmically with Breath of Fire through the circled mouth for 2 minutes. Inhale, exhale and relax onto the heels.



3. Come into Frog Pose (3A). Inhale and straighten the legs and bring the forehead toward the knees keeping the fingertips on the ground (3B). Exhale into the squatting position. Continue moving rhythmically and rapidly 52 times. (Up and down equals 1 count.)



4. Sit in Easy Pose with the navel pulled in and the chest out. Tuck the chin in to form a straight line from the base of the spine to the top of the head and lock yourself in this posture. Now extend your arms up to 60° with the palms facing each other. Keep the arms straight with no bend in the elbows (4). Inhale and extend the arms up to 90°, then exhale and lower the arms to 60°. Continue for 5 minutes taking one complete breath every 2 seconds. (Musical Variation: Jaap Sahib by Ragi Sat Nam Singh. Extend the arms straight up to 90° on the first accented beat - Namastang or Namost, then back down to 60° on the second beat. Do not move at all during musical phrases. Do this as a perfect drill through Verse 28 (to Chaachree Chand). Move in perfect rhythm with the music. Then inhale, exhale and relax.



Physically this exercise stimulates the heart, circulatory system and glandular system. It works powerfully on the mental realm as well, training you to concentrate and gain control of your mind and Saahibee or control over your domain.

5. Remain in Easy Pose. Breathe long and deep and meditate for 5 minutes. (Musical Variation: Himalaya by Sat Peter Singh. Meditate to the music.)

6. Lie down on your back with the legs crossed at the ankles and hands crossed over the heart (6). Relax in this position and breathe long and deep for 5 minutes. (Musical Variation: Promises by Sat Peter Singh. Meditate to the music.)

(C) O - Mouth Breath

(C) O - MOUTH
BREATH

- relaxing frontal brain
- relaxing nervous system through ...

• length - min 3

max 8 minutes

• inhale O-mouth 5-7 sec

• exhale nose 5-7 sec

We wish you a beautiful time and enjoy the exercises.

We see each other here around in Europe 😊

Enjoy the vibes of the project through those two videos:

https://www.facebook.com/permalink.php?story_fbid=286809316718022&id=102649225134033



https://www.facebook.com/permalink.php?story_fbid=291047836294170&id=102649225134033



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