

Course description

Course: Light cultivation and inner energy sustainment with the use of Shamanic Kundalini Yoga + Ceremony

Teacher(s): Anne Kittelmann

Year group: 1, 3

Study year: 2018

Period: November/ December

Weeks (block:): 45- 49 and 51 (block 2)

Time: 9:15- 11:15

Hours: 120 minutes 2 x per week

Total amount of contact hours: 24 hours (12 classes)

Total amount of self-study hours (reading, writing, homework tasks, etc.):

Starting date: 6 November

Date of completion: 21 December

Study points: Student acquires credits/study points based on minimum of 90% participation in the course (in case of excused absence the minimum required is 70% presence). The full course study points are awarded if student participated in the above mentioned amount *and* in relationship to the quality of participation and development expected for the course.

Content (concept and week to week outline):

Cultivation of light and inner energy sustainment with the use of Kundalini Yoga & Breathing Techniques and Ceremony. Creating awareness about rhythms and cycles of body, earth and moon to tap into sustaining resources of energy.

- **Week 1:** Bladder- keeping in flow with life.
Pericardium- mediator between our emotions and our passion.
- **Week 2:** Triple warmer/ burner- moving from the material to the spiritual through purification.
Liver- opportunity to shed old patterns of reacting.
- **Week 3:** Lungs- being faithful to your nature
Stomach- the base for emotional stability
- **Week 4:** Spleen- time for some sweetness and grounding.
Small Intestine- Keeping life and diet simple and pure.
- **Week 5:** Kidneys- uplifting oneself and others.
Gallbladder- expanding our level of patience.
- **Week 6:** Big Intestine- be steady, breath deep and get out some toxins.
Heart- connecting to our wisdom, good judgement and clarity of speech.

Objectives and assessment criteria:

The student is able, to concentrate and combine stillness with movement and shows the ability to sense into the own body rhythm and the collective body rhythm at the same time. The individual brings presence into the collective space and is able, to uphold that presence.

Note for teachers: your course description needs to be sent to SNDO admin esther.arribas@ahk.nl two weeks after the course is confirmed and no later than three (3) weeks prior to the course commencement. This form (must be) available to students in the weeks prior to the start of the course.

The participant senses into the different layers of perception and can translate that in the cohesiveness of breath, movement and body language.

Literature, websites, background: (as reference or actual course material):

Kundalini Yoga Literature and manuals:

'The Aquarian Teacher', Stress management 'Tour of the body', 'Stress & Vitality', 'Conscious Communication', 'Mind and Meditation', 'Lifecycles and Lifestyles', 'The Masters Touch', 'The Mind and it's Projections and Multiple Facets', 'Praana – Praanee – Praanayam'.

Literature about energetic flow, rhythms and cycles:

'The Way of Tarot' by Alejandro Jodorowsky, 'An astrological Mandala' by Dane Rudhyar, 'Let the numbers guide you' by Shiv Charan Singh

Teachings of Matt Kahn:

<http://www.truedivinenature.com/>

Moving in rhythm with the 13 moon calendar:

<http://www.lawoftime.org/home.html>

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Teaching format:

- ☒ technique class
- ☐ task directed education
- ☒ learning through performance project
- ☐ seminar / group work
- ☐ stage / work placement
- ☐ individual advising
- ☐ instruction, self-study, feedback
- ☐ peer to peer feedback
- ☐ various
- ☐ other: please describe

Form of students output:

- ☒ process
- ☐ product
- ☐ presentation
- ☐ report
- ☐ essay
- ☐ (theory) exam
- ☐ other: please describe

Assessment by whom:

- ☒ teacher
- ☐ group
- ☐ someone else: please describe

Assessment:

(dialogue / progress oriented / sanction, repeat or re-doing)

Progress oriented

Which competences the course contributes to (please refer to the end goals/competences in the SNDO study guide): Guiding students to develop own artistic practice by giving tools to excavate, harvest and sustain natural recourses of inner and outer energy.

Conditions: Integral Evaluation and granting of study credits.

Remarks: non