



WELCOME TO YOUR PRACTICE

A Simple Preparation Guide for
Mindful Living and Kundalini Yoga



Golden Temple Academy

INTRO

Sat Nam!



Welcome! Taking this first step toward a regular practice is a profound commitment to your own well-being, clarity, and inner peace. Whether you are stepping onto the mat for the very first time or deepening an existing journey, preparing your physical space and your inner state will transform your experience.

This short guide covers 5 Essential Steps to help you set the right foundation before every session.



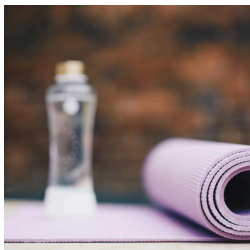
STEP 1

Create a Sacred Physical Space

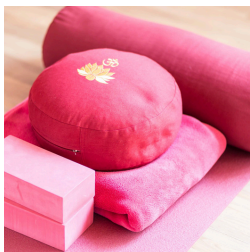
You do not need a dedicated yoga studio; a quiet corner of your room is more than enough.



Clear the Clutter: A tidy physical space helps quiet a busy mind. Remove unnecessary distractions from your immediate view.



Comfortable Surface: Lay down a yoga mat, a natural fiber rug, or a clean blanket on the floor.



Support Your Posture: Have a firm cushion, a meditation pillow (zafu), or a folded blanket ready so you can sit comfortably with a straight spine during breathing and meditation exercises.

STEP 2

Set the Atmosphere (The Sensory Cue)

Engage your senses to signal to your nervous system that it is time to transition from the outside world into your inner sanctuary.



Lighting: Opt for soft, natural light, or light a candle to bring warmth and focus to the room.



Aromas: If you enjoy it, burn a stick of natural incense, Palo Santo, or diffuse essential oils (like lavender, sandalwood, or frankincense) to purify the space.



Sound: Arrive a few moments before your practice in silence, or play soft, ambient instrumental music to settle your thoughts.

STEP 3

Dress for Energy Flow

What you wear affects how you breathe and move.



Natural Fabrics:
Whenever possible, wear comfortable clothing made from natural fibers like cotton, linen, or wool. Natural materials allow your skin to breathe and help contain your subtle electromagnetic field (aura).



Ease of Movement:
Choose loose, comfortable white clothing that does not restrict your breathing, abdomen, or joints.



Head Covering: Many practitioners like to wear a light cotton head covering (like a scarf or turban) to help contain and focus the mental energy during meditation. Feel free to try it!

STEP 4

Honor Your Body and Hydration

Preparation begins hours before you step onto the mat.



Light Stomach: Try to avoid eating heavy meals for at least 2 to 3 hours before practicing. An empty or light stomach allows your body to direct its energy inward rather than toward digestion.



Hydration: Drink a glass of water before your practice to stay hydrated, and keep a glass of room-temperature water nearby.

STEP 5

Tune Your Mind (The Inner Intention)

The most important element of your practice is not how flexible you are, but the state of your mind.



Disconnect: Turn your phone to "Do Not Disturb" or leave it in another room. Give yourself this sacred window of time completely free from notifications and outside demands.



Set an Intention: Take a seated posture, close your eyes, take three deep, slow breaths, and ask yourself: What do I need today? (e.g., peace, energy, release, clarity).



Let Go of Expectations: Approach your practice with a beginner's mind. Whatever shows up today—whether calmness or restlessness—simply observe it without judgment.



KARTAR ALBA

Kartar Singh Alba is a certified Kundalini Yoga teacher and mentor accredited by the Kundalini Research Institute (KRI). With decades of combined experience in holistic wellness, classical teachings, and the yoga of the mind, they guide students across Europe and online toward deep inner clarity, conscious living, and balanced vitality.



END NOTES

Remember, consistency is much more important than intensity. Even a few minutes of daily practice will create profound shifts over time.
We are honored to walk this path with you.
Blessings,

Kartar
Kundalini Yoga Mentors