

## BEGINNERS COURSE STRUCTURE

### Week 0: Introduction & giving self-realization + introducing Shri Mataji (LIVESTREAM)

- Introduction whole
- Explanation Sahaja Yoga
- Self-Realization
- Short subtle system introduction
- Video about kundalini and general SY
- Livestream
- Wrap up

### Week 1: Expanded Subtle system. Left and right channels:

- Self-Realization
- Explanation left and right channels (positive and negative aspects, causes, physical and other consequences, stress and depression.
- Centre channel (how to stay in the center)
- Further overview of the subtle system
- Explanation of the Balancing, and explanation of Kundalini bhandan)
- Short meditation

### Week 2: Love & Compassion (a bit on fear)

- Balancing
- Presentation Love
- Heart chakra
- Video Shri Mataji about love
- Heart meditation
- Explanation of footsoak
- Work on seekers

### Week 3: Short and 'superficial' intro to ego and superego -

- Balancing
- Presentation about EGO & Super EGO
- Video Shri Mataji
- Working on oneself (not each other)
- Short Meditation wrapping up the workshop

### Week 4: Satisfaction and inner peace (Nabhi) –

- Balancing
- Presentation
- Video Shri Mataji
- Meditation & Working on oneself (not each other)

### Week 5: Creativity, short presentation on Attention and Pure Knowledge (Swadisthan) -

- Balancing
- Presentation
- Video Shri Mataji
- Meditation with Ice pack

**Week 6:** Innocence and wisdom (Mooladhara) –

- Balancing
- Presentation
- Video Shri Mataji
- Cleansing technique: Use of candle
- Meditation

**Week 7:** Deeper presentation on ego -

- Game with counting until 21
- Balancing
- Presentation
- Video Shri Mataji
- Meditation
- Game with counting until 21

**Week 8:** Communication & Expression -

- Balancing
- Presentation
- Video Shri Mataji
- Interactive communications games
- Meditation

**Week 9:** Deeper presentation on superego –

- Balancing
- Presentation
- 2 Science fragments
- Singing songs about Ego & Superego
- Cleansing technique (working on back/left agnya, left channel in general)
- Meditation

**Week 10:** Kundalini & Beeja mantras -

- Footsoak with A, U, M
- Kundalini presentation
- Video Shri Mataji
- Singing all beeja mantras for each chakra
- Meditation

**Week 11:** Joy and awakened doing

- Balancing
- Presentation
- Video Shri Mataji
- Meditation
- *In email send the 5-page document on Awakened Doing*