

ELIZA B. WELL INVITES  
YOU TO:

NOVEMBER 15-29, 2023

# The 15-Day Challenge



Reawaken the  
Fire within You

# What is Kundalini Yoga?

## The Yoga of Awareness

Kundalini Yoga is often considered the most sacred form of yoga. The first mention of Kundalini was in an ancient Vedic text dating back to around 1000 BC! Kundalini is the “yoga of awareness” in that it helps us uncover and process the false egos and stuck emotional patterns of the mind, body, and spirit. As a spiritual practice, it is designed to awaken us to our highest selves.

Over the course of the next 15 days, we will be working through a set of exercises called a kriya. A kriya is a sequence of breath and movement exercises with a specific intention and reason for doing it. **I want to warn you, this is not your average flow yoga class.** You might experience unexpected emotions or memories arise. I invite you to join every day with an open mind and heart. Stay curious about your experience- both on and off the mat- as you move through the next 15 days. Use the questions in this workbook to help reflect on all that you’re noticing, and know that I’m always here for extra support if needed.

**This challenge is about reawakening the fire within us. Prepare for some spice, my friend!** This is the time of the year where we start to feel a bit heavy and lethargic; the fire that is so easily accessible to us during the summer months has dwindled. Although it’s important to honor these seasonal changes within us, it’s also vital that **we learn how to stoke the fire so that it doesn’t go out completely.** That’s what this kriya will support us with: reconnecting to our own energy sources so you can feel empowered and enlivened.



ELIZA B.WELL

# TUNING IN & OUT

Each morning practice will begin with chanting the Adi mantra and will end with “Sat Nam,” as described below.

## *Adi Mantra: Ong Namō Guru Dev Namō*

The Adi Mantra is chanted 3 times at the beginning of every Kundalini practice. Ong Namō Guru Dev Namō is Sanskrit and translates to, “I bow to the Creative Wisdom, I bow to the Divine Teacher Within.” We call this “tuning in” because it helps focus our personal and collective attention to the practice.

## *Sat Nam*

We end each kundalini practice by chanting “Sat Nam” once. Sat Nam is Sanskrit and translates to “I am truth,” or “truth is my identity.”

## *NOTE: You are always in choice*

If you’ve never done this before, no sweat! You’ll get the hang of it in no time. **If chanting these mantras doesn’t resonate with you for whatever reason, great! Listen to that.** I invite you to Om or hum instead so you can still feel the benefits that creating sound has on the Vagus nerve. (hint: it’s like a hug for your nervous system!)

# CREATING THE CONTAINER

Some guidelines on creating your space for the practice.

## *1. Setting up a space to practice*

It can be helpful to set up your space where you're going to practice for the next 15 days. This could be **finding a quiet corner in your home that is all yours**, laying out a yoga mat, finding a cushion to help prop up the hips if you're uncomfortable in a crossed-legged position, having a blanket, yoga blocks, and any other props you might need. I recommend **creating a little mini-altar that is dedicated to your practice**. You could place any pictures, momentos, candles, crystals/rocks, flowers, or anything else that feels resonant for you. This serves as a physical representation of your "why" and can be a beautiful visual reminder on days that feel more sticky and challenging.

## *2. While practicing*

Turn your phone on "do not disturb" (even better, put it in another room!). This time is for you. **When you are joining live on zoom, I encourage you to keep your camera on.** I know, I know. Eeek! But I've found that keeping our cameras on helps us stay in the practice more. We're less tempted to jump up and grab for the coffee in the middle of class when we know our cameras are on. It helps us build community and feel more connected to one another. Of course if you're in an environment where you really can't turn your camera on, I get it. But I want to really challenge you here to be brave and vulnerable, just as if we were together in person.

## *3. After the Practice*

If you'd like, I encourage you to jot down how the practice felt for you using the daily reflective pages in this workbook. Get curious of any emotions, thoughts, or uncomfortable sensations that arose. Again, this practice is designed to "stir the internal pot" to challenge us to move out of old ways of being and thinking. It can be fun to track the progression of your experience over the course of the 15 days.

And of course, don't forget to tag me @elizab.well if you share about your practice on your social accounts!

# Setting Intentions

Use the prompts below to set an intention for your 15-day challenge

Date:     /     /

Why did I sign up for this 15 day challenge?

How do I want to *feel* by the end of the 15 day challenge?

Why is it important to develop a devotional daily practice for myself?

If you had to describe your intention in one word, what would it be?

\*\*Use the daily journal pages to reflect and record your thoughts, emotions, and bodily sensations.

DATE

*Mood*

# DAY 1

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 2

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 3

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 4

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 5

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 6

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 7

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 8

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 9

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 10

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 11

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 12

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 13

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 14

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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DATE

*Mood*

# DAY 15

YOUR THOUGHTS, FEELINGS, & SENSATIONS

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DAILY INTENTIONS

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TO DO

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# REFLECTION

You have completed the 15-day challenge. Yay! You should feel so proud of yourself. Use the prompts below to reflect on your journey.

1

Look back at your original intention. How has it shifted, changed, or evolved?

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2

Did anything come up that surprised you? What are the insights you gleaned from these surprises?

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3

How will you carry these lessons and insights into your daily life?

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