

THE 7 CHAKRA-S

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EXPLORING THE ENERGY CENTERS

An Experiential Immersion Course

THE 7 CAKRAS *Exploring the Energy Centers*

The Yogin-s understood the human body differently from how we perceive it today. Apart from understanding it as a complex physiological structure, the Yogin-s also realized that we are made up of an intricate subtle body. An important part of this subtle entity are the major energy centers known as Cakra-s, which were linked together through subtle channels called the Nāḍi-s. Each of these Cakra-s were associated with vital physiological and emotional functions. Hence the Yogin-s firmly believed that any imbalance in the Cakra-s could result in physiological and emotional illness and vice versa.

Thus they had a deep and profound understanding of the Cakra-s and also developed tools and methods to influence them when they were in a state of disharmony. In fact this understanding of the subtle body was the main basis for evolving the multiple tools of Yoga. For each modern Yoga practitioner it is important to learn the way Yogin-s saw the human body through this understanding of the subtle anatomy and how Yoga's tools can be utilized to influence the energy centers in the body. When the Cakra-s are properly understood and Yoga's tools are appropriately administered, they become powerful allies in the path of health and expansion of hidden potential.

This online program provides a platform for serious practitioners to explore this topic of Cakra-s in depth. The program will last for eight months with one meeting each month. Each meeting will last approximately two sessions of fifty minutes each. Through these meetings this theme will be explored in detail. **At the end of each session a practice specifically focused on one Cakra will be offered. This will need to be practiced and explored by the practitioner until the next session.** Guidelines of self-observation on the effects of such practices will also be provided and participants will also be offered opportunities to explore these further.

The main themes covered in this course will be the following:

Concept & Location of Cakra-s	Functions of Cakra-s	Dysfunctions of Cakra-s
Characteristics of Cakra-s	Emotions & the Cakra-s	Associated Trauma-s of Cakra-s
Cakra-s & Prāṇa	Āsana & the Cakra-s	Prāṇāyāma & Cakra-s
Dhyānam & Cakra-s	Bijamantra-s & Cakra-s	The Guṇa-s and Cakra-s
Bhūta-s and the Cakra-s	Evolution of Cakra-s	Spiritual current of Cakra-s

This immersion program will be most useful to serious students and practitioners of Yoga, Yoga Teachers and Trainers wanting to take their practice to the next level. A Certificate of Participation will be issued to all participants who complete the entire program. All sessions will be conducted through Skype Audio mode. Assistive handouts will also be provided prior to each session. An audio recording will be sent to the participants for further reference and archiving.

DATES

Tuesdays 5:00pm - 7:00pm India Time

26 May	30 Jun	21 Jul	18 Aug	29 Sep	20 Oct	17 Nov	22 Dec
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Sundays 9:00am - 11:00am India Time

10 May	28 Jun	19 Jul	16 Aug	27 Sep	18 Oct	15 Nov	20 Dec
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Participants who find it difficult to join in for the sessions owing to scheduling conflicts or time differences, may still be able to participate by listening to the recordings. They may email with any clarifications or questions. Participants can choose which batch they would like to participate (Either Tuesday or Sunday batch or through recordings only). A minimum of 10 participants are required to commence a batch.

INVESTMENT

€73.15 per month. Cost includes payment for sessions including audio recordings of each session. Payment must be made prior to each session. Payments can be made only through **Paypal**.

Interested participants can kindly send their **Full name and Email Id** to yoga@kausthub.com