

the Chakras

What Are Chakras

All beings are a combination of matter, energy and consciousness. The Chakras are energy centres that reside within our being and when functioning optimally they help us to maintain balance:

- Psychologically
- Emotionally
- Physically
- Spiritually

The Chakra Locations

Chakra	Location	Colour	Chant	Impact
Root	Base of the spine	Red	Lam	Survival, Grounding
Sacral	Lower abdomen	Orange	Vam	Sexuality, Intuition, Esteem
Solar Plexus	Upper abdomen	Yellow	Ram	Impulsive Behaviour, Ego
Heart	Centre of the chest	Green	Yam	Compassion, Spirituality
Throat	Throat	Blue	Ham	Emotion, Communication
Third Eye	Between the eyes	Indigo	Ksham	Rationality, Wisdom, Imagination
Crown	Top of the head	Violet	Om	Connection with the Divine

Using Chakras

Chakras are not just an ethereal notion. Being aware of their meaning, purpose and impact they have on an individual can give insight into what areas of our lives and practice we may need to focus on to come back into balance.

Course Outline

During each session, we will focus on a different Chakra:

- exploring its location in the body, and relevant glands and organs surrounding it
- discussing how that chakra impacts on our everyday life and the benefits of balancing it
- learning and practicing techniques that help to balance the Chakra.

TWO SESSIONS
Saturdays
2:15 – 5:15 PM
25 May & 22 June