

The Chakra Series

(from a Kundalini Perspective)

Thursdays

5:30-8:00 pm

April 3rd -24th 2008

at Yoga Nivas

The "Chakra Series" is taught by Ajeet Khalsa, a certified Kundalini Yoga instructor and healer.

A chakra booklet will be available for purchase during the course.

The cost of the chakra series is \$80. Due to limited space, registration and prepayment is required.

Over the course of four weeks, each participant will experience more deeply the flow of Kundalini energy through their spine, release deep stress and tension and expanded awareness in body, mind and more.

For further information or to register, please contact Yoga Nivas at: 865 851-7830, or email Ajeet at: ajeetyoga@bellsouth.net. For directions to Yoga Nivas go to: www.yoganivas.com

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"happy in my body"

In this "Intensive Chakra Series" you will...

- Learn the movement of these focal points of energy, in a manner that feels right for your body's level of expertise...
- Practice transformative Kundalini breathing techniques, known as pranayam, to affect changes in spiritual connection, higher consciousness and overall balance...
- Experience each chakra's function on a personal level, to relieve deep tension, and make the best use of their power on your mind and body...
- Strengthen and heal your inner elements of earth, air, water and ether through vigorously challenging kundalini kriyas...
- Practice awareness meditations (mantras and mudras), and develop deep relaxation techniques you can utilize every day to uplift, energize and heal...