

Wind of Prana and Waite Yoga

Chakras – Bridge to Higher Consciousness

Course Syllabus

A. Chakras – Bridge to Higher Consciousness

1. Cosmic Evolution by Yoga Philosophy
Prana - Consciousness – Mind – Physical Universe – Body
2. Energy Bodies and Energy Centers
3. Chakra System – Different Views
4. Exploration of Chakras
 - a. Chakras and their Attributes
 - b. Chakras and Body Organs
 - c. Chakras and Personality
5. Functions of the Chakras:
 - a. Physiological
 - b. Psychological
 - c. Spiritual
6. Activating and Harmonizing Chakras:
 - a. Breath – Mind- Touch
 - b. Mantras
 - c. Visualization - Imagery
 - d. Nadi Meditation
 - e. Energy
7. Chakras and Nadis Historical Accounts
 - a. Hindu, Tantric, Chinese Models and Western View
 - b. Upanishad References
 - c. Swami Satyananda
8. Experiments of Chakras (Dr. Hiroshi Motoyama)
9. Teaching Chakra Activation

Certification Requirements:

1. Participation
2. Reading assignments
3. Presenting Chakras
4. Written test
5. Practicum – Teaching 60 min Class with emphasis on Chakras

Textbooks:

“Anatomy of the Spirit: The Seven Stages of Power and Healing”, by Caroline Myss
"The Subtle Body: An Encyclopedia of Your Energetic Anatomy", by Cindi Dale.