

The User's Guide to the Chakras

Course Outline

Course Description

At the 200hr level, the yogic chakra system is easily glossed over. "This is muladhara, it's red and located at the base of the spine." But how do we actually *use* and implement the chakras into our classes? How do people justify certain practices or postures to 'activate' a specific chakra? How many chakras are there? 7? 12? 156? Discover the answers to these questions and more and explore new ways of bringing the fascinating history and practices of the chakras alive for your students.

Course Objectives

By the end of the course students will...

- Understand and discuss key features of subtle anatomy relating to chakras, including nadis, bandhas and granthis.
- Sequence and deliver a yoga class implementing a specific chakra using asana and various subtle practices.
- Explain the development of the Western chakra system referring to key texts, events and individuals.
- Identify various features specific to the Western chakra system and justify associations with other concepts and practices (e.g. colours, meridian theory, developmental psychology).
- Carry out an in-depth analysis of teachings regarding balance and imbalance in a specific chakra, and how changes in that chakra can effect change on the rest of the chakra system.

Evaluation

To receive credit towards a 500hr teacher training certificate, students must attend 14 hours in-class or one on one with the tutor and participate actively in

class activities. Additionally, students must complete all of the following coursework:

Assignment 1: Chakra Class Design

Assignment 2: Class Delivery and Self-Evaluation

Assignment 3: Case Study of Balance/Imbalance in a Specific Chakra

Required Reading

All essential reading for the course will be provided by the teacher, but students would benefit familiarity with the following texts:

Judith, Anodea (1996). *Eastern Body, Western Mind*. Berkeley: Celestial Arts.

Little, Tias (2016). *Yoga of the Subtle Body*. Boulder: Shambhala.

Wallis, Christopher Hareesh (2013). *Tantra Illuminated*. 2nd ed. Chicago: Mattamayura Press.

Topical Outline

The course is structured as follow:

1.1 Asana: Seven-Chakra Practice

Morning practice incorporating asana and subtle practices relating to each of the seven chakras of the Western system.

1.2 Evolution of the Chakras

Trace the evolution of the Western chakra system from its tantric origins, journeys to the West and assimilation in Western cultures.

1.3 The Grid

Identify and explore the various theories and concepts associated with the seven chakras of the Western system.

1.4 Teaching Methodology

Explore methods of sequencing asana classes for each chakra.

2.1 Asana: Myofascial Meridians

Morning practice implementing myofascial meridian theory to justify accessing

specific chakras.

2.2 Associated Practices

Examine a variety of associated practices for specific chakras and wider practices that can be adapted for a specific chakra at a specific time.

2.3 Assessment