

# Online Meditation + Cakra-s Intensive

Personal Practice Immersion | Continuing Education

Starts March 14, 2021

Monday Evenings | 5:30 – 8:30 pm CT | 8 sessions



5 Koshas  
yoga and wellness

## Meditation + Cakra-s Intensive

*Deepen Your Practice*

*Activate Your True Potential*

*Ignite or Renew Your Teaching*

- Introduction to meditation including what is meditation, benefits of a meditation practice, challenges to meditating, major methods of meditation, how to use asana, pranayama and chanting to prepare for meditation, relevant source texts and yoga philosophy, how to design a meditation practice.
- An immersion in cakra practice, activating your true potential specifically the qualities of:
  - ☀ Stability & Security
  - ☀ Enthusiasm & Creativity
  - ☀ Empowerment & Ability to Change
  - ☀ Love, Patience & Compassion
  - ☀ Expression & Listening
  - ☀ Discernment & Awareness
  - ☀ Inspiration & Connection.
- This 8-class course offered over 18 weeks is paced to provide an initial immersion in knowledge and practice and then more space between sessions for check-in and integration. Each session includes a lecture and practice with access to video recordings & handouts.
- 24 hours of continuing education for yoga teachers registered with Yoga Alliance

## Schedule

### Mondays

5:30 – 8:30 pm CT

### Online Live plus Access to Recordings

March 14, 2022 – Intro to Meditation | Dharana

March 21, 2022 – Cakra 1 | Cakra Overview

March 28, 2022 – Cakra 2 | Dhyanam

April 4, 2022 – Cakra 3 | Samadhi

April 11, 2022 – Cakra 4 | Peaceful & Healing Mantras for Meditation

May 2, 2022 – Cakra 5 | The Science of Meditation

June 13, 2022 – Cakra 6 | Designing Your Own Meditation Practice

July 11, 2022 – Cakra 7 | Evolving Your Practice

## Faculty

**Mary Hilliker**, RDN, E-RYT 500, C-IAYT, Lead Teacher

**Jay Coldwell**, RYT-200, iRest™ Level 2 Teacher, Vedic Chant Teacher

**Andrew Beaumont**, MD, PhD, RYT-500, C-IAYT, Neurosurgeon, Yoga Therapist



### Meditation + Cakra-s Intensive

**\$360 early tuition by March 10, 2022.**

After March 10, 2022:

\$480 non-member, \$408 for members.

Contact Mary for information on River Flow Yoga Teacher Training Alumni Discount.