

Online Meditation + Cakra-s Intensive

Personal Practice Immersion | Continuing Education
Thursdays | 5:30 – 8:30 pm CT | Feb 23 – April 13, 2023



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:
 - 1) Stability & Security
 - 2) Enthusiasm & Creativity
 - 3) Empowerment & Ability to Change
 - 4) Love, Patience & Compassion
 - 5) Expression & Listening
 - 6) Discernment & Awareness
 - 7) Inspiration & Connection.
- This 8-class course is paced to provide an immersion in knowledge and practice and time for integration between sessions. 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

Thursdays

5:30 – 8:30 pm CT

Online Live plus Access to Recordings
February 23, March 2, 9, 16, 23, 30, April 6, 13, 2023

You Walk Away With:

- Greater knowledge of meditation
- A deep exposure to cakra-s in the tantra tradition as transmitted by our teachers
- 8 practices to use now and over time
- Handouts and worksheets that you can go back to

Faculty

Mary Hilliker, RDN, E-RYT 500, C-IAYT, Lead Teacher,
<mailto:mary@5koshasyoga.com>

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

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



Course Fee:

\$160. Register by Feb 20, 2023 with discount code CAKRAEARLY for \$52 off, course fee of \$108.

Register:

<https://5koshasyoga.punchpass.com/series/24259>