



CLASSICAL HATHA YOGA with MOOL MANTRAS:

Classical Hatha Yoga is a traditional form of yoga that emphasizes the practice of asanas (physical postures) and pranayama (breathing exercises) along with the specific set of mantras that will be incorporated during each yoga session to prepare the body and mind for deeper spiritual practices.

Mool mantra – “The main chant”- A specific set of mantras will be incorporated during each yoga session, which will be specific to the energy of the particular chakra being worked upon.

Each mantra is linked to a governing “deity” of each chakra.

Eg- while practicing yoga and working on the root chakra, Ganapati mantra plays a vital role.

With this powerful combined resonance of Hatha Yog and Mantra Yog together, a student attains peace, balance and tranquillity.

Course Framework: Classical Hatha Yoga with Mool Mantras

Course Overview: Classical Hatha Yoga with Mool Mantras is a comprehensive course designed to deepen your understanding and practice of traditional Hatha Yoga, enhanced by the powerful vibrations of Mool Mantras. This course combines asanas (physical postures) and pranayama (breathing exercises) with specific mantras linked to the chakras' governing deities, creating a harmonious balance of physical and spiritual practices.

Course Objectives:

- Understand the principles of Classical Hatha Yoga and its benefits.
- Learn and practice a series of asanas and pranayama techniques.
- Incorporate Mool Mantras into your yoga practice to enhance the energetic impact.
- Explore the connection between chakras, mantras, and their governing deities.
- Achieve greater peace, balance, and tranquility through the combined practice of Hatha Yoga and Mantra Yoga.

Course Structure:

Module 1: Introduction to Classical Hatha Yoga

- Overview of Hatha Yoga principles
- Importance of asanas and pranayama in Hatha Yoga
- Preparing the body and mind for spiritual practices

Module 2: Understanding Chakras and Mantras

- Introduction to the chakra system and its significance
- Role of mantras in balancing chakra energies
- Governing deities of each chakra and their associated mantras

Module 3: Root Chakra (Muladhara)

- Asanas focused on grounding and stability
- Pranayama techniques for the root chakra
- Ganpati Mantra: Chanting and its significance

Module 4: Sacral Chakra (Svadhithana)

- Asanas for creativity and fluidity
- Pranayama techniques for the sacral chakra
- Vishnu Mantra: Chanting and its significance

Module 5: Solar Plexus Chakra (Manipura)

- Asanas for strength and confidence
- Pranayama techniques for the solar plexus chakra
- Ram Mantra: Chanting and its significance

Module 6: Heart Chakra (Anahata)

- Asanas for love and compassion
- Pranayama techniques for the heart chakra

- Krishna Mantra: Chanting and its significance

Module 7: Throat Chakra (Vishuddha)

- Asanas for communication and expression
- Pranayama techniques for the throat chakra
- Saraswati Mantra: Chanting and its significance

Module 8: Third Eye Chakra (Ajna)

- Asanas for intuition and insight
- Pranayama techniques for the third eye chakra
- Shiva Mantra: Chanting and its significance

Module 9: Crown Chakra (Sahasrara)

- Asanas for spiritual connection
- Pranayama techniques for the crown chakra
- Om Mantra: Chanting and its significance

Module 10: Integration and Practice

- Integrating asanas, pranayama, and mantras
- Developing a personalized practice routine
- Reflecting on the journey and maintaining balance

Assessment:

- Weekly practice assignments and reflections
- Final project: Designing a personal Hatha Yoga and Mool Mantra routine

Resources:

- Course manual with detailed descriptions of asanas, pranayama, and mantras

- Audio recordings of Mool Mantras for practice
- Access to online community for support and sharing experiences

Classical Hatha Yoga with Mool Mantras offers a unique opportunity to deepen your yoga practice, harmonize your energy centers, and experience profound spiritual growth.

FOR REGISTRATIONS CALL  **WhatsApp +91 9625779356**

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