



CHAKRA:

Decoding the energy canterers: Understanding each Chakra Scientifically along with its Anatomical, Ayurvedic, Astrological, Yogic and Tantrik aspects.

CHAKRAS

with (YOGI) SIDDHARTH BANERJEE

LEARN THE SCIENCE, PHYSIOLOGY AND SPIRITUALITY OF CHAKRAS



TOPIC: THE ANATOMY, PHYSIOLOGY AND TANTRA ASPECTS OF CHAKRAS ALONG WITH HOLISTIC REMEDIES FOR EACH CHAKRAS

Teacher: (YOGI) SIDDHARTH BANERJEE (*under the Guidance of Matrika Ashram, Tanakpur, UK and Yogi Shivdas, Kerala*)

CURRICULUM:

❖ INTRODUCTION TO CHAKRAS

- Pranamaya kosha (ENERGY BODY)

❖ ANATOMY AND SCIENCE OF CHAKRAS

- Anatomy and chakras
- Endocrine system and chakras
- Organs and diseases linked to each chakra
- Physiology of chakras

❖ ASTROLOGY AYURVEDA AND ITS CHAKRA LINK

- Ayurvedic dosha and chakras
- Vata, pitta and kapha and its link to each chakra
- Planets and chakras
- Overactive, Underactive and balanced chakras
- Emotions and chakras
- Behavior/ psychology /social life and chakras

❖ TANTRA AND CHAKRAS

- Chakra- colors and sounds
- Petals of each chakras
- Chakra deity - governing deity of each chakra
- Beej mantras
- Animals and geometry of each chakra

❖ REMEDIES FOR CHAKRAS

- YOGA AND MUDRAS FOR EACH CHAKRA
- Food and spices for each chakra
- Colour balancing for each chakra
- Oils and aroma for each chakra

COURSE FLOW:

DAY 1 – INTRODUCTION TO THE TOPIC AND WELCOME

DAY 2-3 -MOOLADHAR CHAKRA (ROOT CHAKRA)

DAY 4-5 – SACRAL

DAY 6-7 – NAVAL

DAY 8-9- HEART

DAY 10-11- THROAT

DAY 12-13 – AJNA CHKRA

DAY 14- CROWN

DAY 15-DISCUSSION AND CLOSING

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