

Chakras and Emotions

with Dr. Mahesh Mangalick

Sahasrar

Agya Chakra / *Mind Center*

Vishuddi Chakra / *Space*

Anaahat Chakra / *Air*

Manipur Chakra / *Fire*

Swaddhishthana Chakra / *Water*

Mulaadhaar Chakra / *Earth*

The Kundalini



Spirituality,
Enlightenment

Knowledge / *Sound, Hearing*

Compassion / *Touch*

Authority, Fame / *Sight*

Sex, Procreation / *Taste*

Fear and Anxiety / *Smell*

Seat of Shakti

Sunday, May 21, 2017...1:00-3:00pm \$35 fee

More than 85% of total energy in the body remains dormant, just below the spine, in what is known as Kundalini, a sleeping serpent intoxicated with the dormant energy. Hatha Yoga provides a way to move the Kundalini energy upwards, through Agnisara Pranayama. Once the Kundalini is awakened, it is moved further up with Bellows Breathing Pranayama. Further movement of the Kundalini is accomplished through Kriya practice. In the Kriya practice mental attention is moved in coordination with inhalation-exhalation, successively between the Chakras. The mind becomes highly concentrated when the Kundalini energy is moved all the way up to the top of the head chakra, the Sahasrara (thousand petals chakra).

The following Yoga Practices will be covered in this Kundalini Kriya workshop:

- ◆ Abdomino-Diaphragmatic Breathing
- ◆ Alternative Nostril Breathing. Balancing the Personality
- ◆ Chakras (Energy Centers) and Emotions
- ◆ Agnisara (Fire Breath) and Bhastrika (Bellows) Pranayama Practices, to move the Kundalini
- ◆ Kundalini Kriya to move Kunalini and concentrate the Mind for deep meditation.
- ◆ Deep Meditation



Dr. Mahesh Mangalick graduated from University of Notre Dame in 1968. After practicing as a Scientist and Businessman, Dr. Mangalick retired fifteen years ago. Author of books on Selfless Service (SEVA) and Yoga and Meditation, he has been guiding students in Yoga, Pranayama and Deep Meditation practices.



Enroll today!

Sign up at the front desk or go to the Workshop page online at:

Sundogyogastudio.com

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