



## Cakra Dharana Exploring the Cakra Eight one day workshops exploring the symbolism, meaning & practical application of the cakras in Yoga

With Dave Charlton  
Hanley Swan, nr Malvern, Worcestershire  
Fridays 10.00am – 4.30pm

These workshops will include practices, teachings from ancient and contemporary texts, and time for discussion and reflection. The emphasis will be on open exploration, sharing and good fun! They should be suitable for all those who attend a yoga class and would like to know more about the cakras.

- Fri 19 Sept 2008 - Cakras, Nadis, Kundalini:an overview
- Fri 17 Oct 2008 - Muladhara:support of the root
- Fri 21 Nov 2008 - Svadhisthana: self-sustaining flow
- Fri 12 Dec 2008 - Manipuraka: fire of transformation
- Fri 16 Jan 2009 - Anahata: opening to the heart
- Fri 13 Feb 2009 - Visuddha: space for communication
- Fri 13 Mar 2009 - Ajna: discerning the real
- Fri 3 Apr 2009 - Sahasrara: liberation & enlightenment

The cost of the course is £280 for the 8 workshops. A deposit of £120 is payable in advance with the balance payable on the first day. Individual workshops may be booked at a cost of £45, subject to availability. Note priority will be given to booking for the whole course.

To secure a place please send a deposit (cheques payable to Living Yoga) or pay by card via the website. Please note payments are non-refundable once received.



Haywain Cottage, Priestfields, Hanley Castle,  
Worcester, WR8 0AH. Tel/Fax: 01684 310884  
[www.livingyoga.org.uk](http://www.livingyoga.org.uk)



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