



# THE SEVEN CAKRAS

## EXPLORING THE ENERGY CENTRES

1.-3. September 2017

yogaloft Düsseldorf

The Yogin-s understood the human body differently from how we perceive it today. Apart from understanding it as a complex physiological structure, the Yogin-s also realized that we are made up of an intricate subtle body. An important part of this subtle entity is the major energy centers known as Cakra-s, which are linked together through subtle channels called the Nāõi-s. Each of these Cakra-s is associated with vital physiological and emotional functions. Hence the Yogin-s firmly believed that any imbalance in the Cakra-s could result in physiological and emotional illness and vice versa.

Thus they had a deep and profound understanding of the Cakra-s and also developed tools and methods to influence them when they were in a state of disharmony. In fact this understanding of the subtle body was the main basis for evolving the multiple tools of Yoga. For each modern Yoga practitioner it is important to learn the way Yogin-s saw the human body through this understanding of the subtle anatomy and how Yoga's tools can be utilized to influence the energy centers in the body. When the Cakra-s are properly understood and Yoga's tools are appropriately administered, they become powerful allies in the path of health and expansion of hidden potential.

This immersion course will provide a solid platform for serious practitioners to explore this topic of Cakra-s in depth. Profound practices specifically focused on each cakra will also be offered. Guidelines of self-observation on the effects of such practices will also be provided and participants will also be offered opportunities to explore these further.

The main themes covered in this course will be the following:

**Concept & Location of Cakra-s**

**Functions of Cakra-s**

**Dysfunctions of Cakra-s**

**Characteristics of Cakra-s**

**Emotions & the Cakra-s**

**Associated Trauma-s of Cakra-s**

**Cakra-s & Prāna**

**Āsana & the Cakra-s**

**Prānāyāma & Cakra-s**

**Dhyānam & Cakra-s**

**Bijamantra-s & Cakra-s**

**The Guna-s and Cakra-s**

**Bhūta-s and the Cakra-s**

**Evolution of Cakra-s**

**Spiritual current of Cakra-s**

This immersion course will be most useful to serious students and practitioners of Yoga, Yoga Teachers and Trainers wanting to take their practice to the next level. These ancient practices can be very powerful and can affect the practitioner on different levels, especially emotionally and spiritually. Even though we explore these practices in the safe environment of the seminar, please note that the practices might affect you. If you feel this might be an issue for you or you have any questions before your participation, please don't hesitate to contact us at any time.





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### About Dr. Kausthub Desikachar

Dr. Kausthub Desikachar is the successor and current lineage holder of the classical Yoga tradition of T Krishnamacharya & TKV Desikachar. He is an acclaimed yoga teacher, yoga therapist, healer and spiritual adviser. His objectives include the sharing of the authentic teachings of Yoga to the modern era, as well as building bridges between different healing modalities to promote physical, emotional social and spiritual health.

He began studying yoga when he was 9 years old under the guidance of his teacher and father TKV Desikachar and started teaching at the age of 13. After completing his dual Masters degree, he committed himself to becoming a full-time student and teacher of Yoga. In 2011, he concluded his doctoral studies from the University of Madras, where his topic of research was "Effect of Individualized Yoga Training on Quality of Life." Besides teaching, he also works as a yoga therapist and offers clients astute and effective solutions for all sorts of physical, mental and emotional imbalances and problems.

He is adviser to many organizations around the world including Korean Yoga Alliance, Pranamanas Yoga (Spain) and Be Yoga (Norway). In the past he was also an international adviser to the International Association of Yoga Therapists, as well as the British Wheel of Yoga. He has authored and co-authored numerous books on yoga, such as "The Heart of Asana: A comprehensive manual on Classical Yoga Postures" and a biography on his grandfather, the great Yogācārya T. Krishnamacharya, called "The Yoga of the Yogi".

He is known for his remarkable, deep and well versed knowledge and his ability to present the ancient teachings in a way that is profound as well as applicable for modern day practitioners. His teachings are especially beneficial for yoga teachers as he helps them grasp the fullness and deep insights of the ancient teachings so that they are able to apply them in a competent and sincere way. He is also the co-founder of the online journal 'Synergies in Healing Journal.'

