

# Mandala Yoga Ashram

## Chakra Course

Discovering our Fullest Potential

May - October 2021

### Prospectus



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## 1.0 Course Summary

This 20-day Chakra Course runs over 3 retreat periods – in May, August and October 2021. All teaching will be conducted in Mandala Yoga Ashram which is an ideal environment for learning and deepening the practice of kundalini yoga, and thereby awakening the chakras in your own understanding and personal experience.

The course will be based on Swami Nishchalananda's 40 years of experience of the chakras. It will include in-depth explanations combined with intensive and guided practical exploration of the chakras. You will be given guided practice, together with supported space and time for personal practice. In so doing, you will discover your hidden potential, fulfil your life and realise your fundamental identity.

Working on the chakras opens us up to our fullest potential by deepening our understanding of ourselves and others, as well as enhancing our capacity to act and express ourselves effectively in the world. This not only improves the quality of our life but awakens us to our fundamental identity.

We expand awareness of our own Being by working with and gradually understanding the different levels of human experience and behaviour. These levels are mapped out and defined by the chakras, the energy centres within each of us which influence our level of vitality, emotional responses, mental processes, perception and states of Consciousness. They operate throughout the entire spectrum of each human being; on a physical level, they correspond to the sites of the endocrinal glands and nerve plexuses. Human life, to reach its highest potential, requires an awakening and expression of all these chakras. Yoga is a mystical, yet practical path, which facilitates the awakening of the chakras.

Open to sincere practitioners, including yoga teachers, who wish to deepen their self-understanding and depth of practice through all that this Chakra Course offers in exploring and awakening the chakras.

This Chakra course will also serve as excellent preparation for initiation into Kriya Yoga.

## 1.1 Aims

This course will:

- provide a systematic, comprehensive and accessible explanation for all of the chakras, from mooladhara chakra (root centre) to sahasrara (crown centre)
- provide a comprehensive training in practices to explore and awaken the chakras
- encourage each participant to go deeper in their practice of the chakras on all levels – physical, emotional, energetic, mental and spiritual – and so undergo a personal transformation in their understanding and practice



- offer subsidiary practices such as yoga classes, *yoga nidra*, *satsang*, to support the direct teaching of the course.

## 1.2 Objectives

By the end of this course all students will have:

- gained first-hand theoretical and experiential knowledge of the chakras, and how they and how they relate to their body, emotions, mind and their actions and reactions in daily life
- acquired sufficient competence to practise at home as part of their ongoing yoga and spiritual path
- experienced a shift in their self-understanding
- gained competence to teach the science of the chakras to their students (if they are yoga teachers).

## 1.3 Course Prerequisites

- At least 3 years practice of hatha yoga which has prepared you to sit in a comfortable and still position for practice
- If you are new to the Ashram, we would advise a prior visit before the course starts to gain an initial experience of the Ashram. We do, however, accept that this may not be practical for those living a long distance away.

## 1.4 Course Requirements

Course participants will be required to attend the three retreats, and commit themselves to regular personal practice, ideally daily, at home for the duration of the course.

## 1.5 Course Support

Each participant will have their own mentor (one of the course tutors) whose role will be to offer ongoing support throughout and beyond the course.

At the end of each retreat a home practice will be given to facilitate each practitioner's learning, practice and development between retreats.

Each teaching session of the course will be recorded, and these audio recordings will be available to each course participant to download following each retreat.



## 2 Tutor Team

**Swami Nishchalananda (Swamiji)** is the Ashram's Spiritual Director. From 1971 he spent 14 years in India where he was initiated into the practical and esoteric aspects of yoga by Swami Satyananda. He gained a deep knowledge of the chakras, both theoretical and practical. Because of the depth of his experience, he is able to impart teachings on the chakras to his students. Since returning to the West, he has given many courses & retreats on the chakras in the Ashram, and in Europe and India, initiating many practitioners into the experiential knowledge of the chakras.



Swamiji will be the Course Director although the bulk of the course delivery will be given by the teaching team below.



**Swami Krishnapremananda** has been living, practising and teaching in the ashram since 1997. His yogic understanding has matured through sustained and dedicated practice under the guidance of Swami Nishchalananda and other inspirational teachers. He has been deepening his knowledge and experience of the chakras over 20 years and has taught on many chakra courses within the Ashram and elsewhere. He conveys the teachings in a simple, clear and accessible way.

**Maha Sattwa** graduated as an Ashram yoga teacher in 2014. She was a key member of the tutor team on the Ashrams 1-year Chakra Course in 2014-15, and the Yoga Teacher Training Course from 2015-17. She is a dedicated yoga practitioner with in-depth knowledge and experience of the chakras. She brings sound experience, compassion and sensitivity to her teachings which she skilfully conveys to students in a clear and uncluttered manner.



Tulsi has been practising yoga for 30 years in the Satyananda tradition. She has worked with people with a wide range of mental and physical health issues, including in schools, prisons, hospitals and mental health projects. She has many years' experience of bringing chakra practices into both her own and her student's regular practices to enhance well-being and understanding of self on all levels, using a wide range of yoga practices which will be covered throughout the course.



### **3 Course Content**

The course will focus on the following chakras:

- Mooladhara Chakra – the root centre
- Swadisthana Chakra – the sacral centre
- Manipura Chakra – the naval centre
- Anahata Chakra – the heart centre
- Vishuddhi Chakra – the throat centre
- Agya Chakra – the third eye
- Bindu – the point/ seed
- Sahasrara – the crown

The main emphasis will be on the six spinal chakras from mooladhara to agya which fall in the purview of our embodied existence.





**Theory:** the course will offer systematic theoretical input on each of the chakras including:

- Background to the chakras
- Definitions
- Their place in yoga, tantra and other traditions
- Symbolism
- Physical organs and endocrinal glands
- Sense of 'I'
- Mental and emotional qualities (balanced and imbalanced)
- Causes of blockages and imbalance
- Ways of healing and bringing balance
- Addictions and compulsions
- Willpower
- Associated ailments
- Subtle qualities according to yoga/ tantra
- Associated mantras
- Symptoms of awakening
- Bindu and Sahasrara
- Kundalini

**Practice:**

Alongside the theoretical input above, there will be skilled guided explanations of the relevant practices appropriate for each of the chakras.

The course will also focus on practices to integrate the chakras together.

The practices will include asana/posture work, pranayama/breathing techniques, meditation, mantra, mudra, bandha and visualisation.

The purpose of the course is for the chakras to come 'alive' in the experience of the students.

## 4 Reference Texts:

A basic explanation of the chakras is given in the following texts:

1. The Edge of Infinity, Chapter 2.
2. Insight into Reality – the Tantric Teachings of the *Vigyana Bhairava Tantra*, Chapter 7.

Both the above are written by Swami Nishchalananda and published by Mandala Yoga Ashram. They are available from the Ashram and provide a general background to the chakras.





## 5 Typical Retreat Programme

### Arrival Day:

6.30pm Supper  
8.00 Introductory session

### Other Days:

5.30am Awakening bell  
6.15 – 7.40 Yoga class including course practices  
7.50 – 8.40 Morning chanting and course practices  
8.45 Breakfast  
9.30 – 11.05 Karma Yoga  
11.30 – 12.45 Course practice session  
1.00 Lunch  
Free time after lunch to rest, walk, reflect, interact or just Be.  
3.30 – 4.30 Course practice session and/or Yoga Nidra  
5.00 – 6.00 Course practice session  
6.30 Supper  
8.00 Evening session of Practice, Satsang, Kirtan

**Final Day:** the same as above until 1pm lunch, and then departure.

## 6 Duration and dates of the Course

The course comprises 20 full days from May - October 2021, comprising of three retreat periods as follows:

- an eight-day retreat from 29 May – 6 June 2021, including the late May bank holiday
- a four-day retreat from 4-8 August 2021
- an eight-day retreat from 23 – 30 October 2021

All the seminars are residential and include tuition, guidance, accommodation and food.

Participants are welcome to stay for extra nights before or after each retreat, subject to availability of accommodation. One night before and after each retreat will be complementary to the course fee, and other nights will be charged at the usual rate of £30.

## 7 Diploma

Those who complete the course will be presented with a diploma from Mandala Yoga Ashram.



## 8 Course costs

**Course Fee:** £1195

This covers all tuition and full board at the ashram for all the three retreats, including session recordings, handouts, mentoring and the wider ashram experience.

**Deposit:** £355

The deposit is non-refundable and confirms your place.

**Balance:** £840

The balance is payable at the beginning of the course as one payment **or** via **5** monthly instalments by standing order of £168 a month from 01/6/2021 to 01/10/2021 inclusive.

## 9 Application process

Applications are invited from those who would like to dedicate themselves to deepening their understanding and practical experience of the Chakras for the purpose of self-awakening and as service to the world in which we live.



## 10 Further information and Contact Details

For further information please contact the Ashram office. We can put you in touch with any of the course tutors for an informal, no-obligation chat about the course.

[info@mandalayoga.net](mailto:info@mandalayoga.net)

[www.mandalayogaashram.co.uk](http://www.mandalayogaashram.co.uk)

+44 (0)1558 685358 (office telephone hours are from 9.30-12)

**Mandala Yoga Ashram** is an independent charitable institution (Reg. Charity No. 326847) which is dedicated to propagating yoga and yoga-related subjects.