



Journey through the Chakras

Viriam Kaur, Kundalini Yoga Teacher and Workshop Facilitator

We all have an innate healing wisdom within us – working on our chakras is a way of tapping into this wisdom. We can use chakra energy to heal and develop a deeper understanding of ourselves and others.

Chakras are both mysterious and yet simple - some see them as an esoteric code to be unravelled while others work with them as a map of our body's energy. They are our key to physical, emotional and spiritual well-being.

Although there are hundreds of chakras within the body, we tend to focus on the main seven. Each Chakra is connected to a certain area of the body, physical ailments, a developmental stage or our lives and a series of emotions. We will work with Kundalini Yoga, Meditations, Mantras, gong healing and sound as well as colour and visualization to tap into chakra healing. We will also work on the aura, as in Kundalini Yoga the aura is the eighth chakra - the combined vibrations of the seven chakras unite to create a field of energy around the body.

Viriam Kaur discovered Kundalini Yoga ten years ago and has been teaching in London, India and Thailand for the past six years. Having played with kundalini and chakra energy through shamanic and trance dance, Viriam was inspired to try Kundalini Yoga one rainy London evening and tapped into a source of inner wisdom - seeing things in a new light. She went on to train with Guru Dharam Singh Khalsa and Darryl O'Keefe at SKY School of Kundalini Yoga and was given her spiritual name by Yogi Bhajan. Having taught in studios in London for a while, she came to India five years ago to study with Ayurvedic doctors and develop more as a healer. Viriam feels that Kundalini Yoga is a way of realizing your true self and tapping into your body's own innate healing wisdom. She writes regularly for Yoga Magazine (UK) and writes several columns for spiritual website Essence of Life (www.eolife.org). She is also working on a mantra album.

Two Day Workshop – 1st/2nd March

Cost: 2,500rps – 7,500rps

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