



CHAKRA AWAKENING: PSYCHOLOGY OF THE CHAKRAS

**Taught by Anodea Judith, Ph.D., ERYT 500, and
Selene Vega, Ph.D.**

Sacred Center's Core Course! Intermediate 7-Day Chakra Intensive. This workshop is an in-depth journey into the center of your own chakras, accessed through yoga, bioenergetic movement, pranayama, meditation, hypnotherapy, sacred ceremony and more.

CURRICULUM BREAKDOWN:

The 45 hours of class time are divided roughly as follows:

- Six full 6-hour days, one on each chakra, (except 6 and 7 are combined on the 6th day)
- Here is the general breakdown for each day:
- 8:30 – 9:45 Guided meditation/trance journey into your own center, with instruction, journaling, discussion afterward.
- 10-11:30 Yoga postures for that particular chakra. (Exception, chakras 6 and 7 feature more meditation than hatha practice)
- Lunch
- 1:45 – 4:45 Various activities that may include bioenergetic exercises, instructional demos, more yoga, pranayama, discussion of chakra principles, and small group process. Some days end with a large group process. The afternoon is geared toward deeper exploration and inquiry, but also includes some movement.

Additional hours:

- There are three evening programs and one additional 3-hour morning.
- The first evening is an intro, includes some chakra movement, but mostly introduction to the students, the teachers, and the class itself. (2 hrs)
- The second evening (3 days in) is a candlelight ceremony of empowerment for third chakra. (2 hrs)
- The third evening (6 days in) is a “dance of divinity” movement ceremony of our highest essence. (2 hrs)
- The final 3-hour morning is review and integration and includes another trance journey, an hour or more of yoga, and final questions.

45 CEU's possible for therapists, social workers, and yoga teachers.

Contact Info: SACRED CENTERS: 415.234.6338
www.SacredCenters.com ● Office@SacredCenters.com