

Awakening the Chakras

LUNA
YOGA AND
MEDITATION
EDINBURGH

Explore positive aspects of your personality and learn to work with the 7 energies of the subtle body in your Yoga practice. Each workshop includes poses, sequences, meditation, reflections and experiential activities. The workshops are designed to complement one another but may be taken separately.

May 2 / 9am-1pm

The Root Chakra *Getting unstuck*

Discover the healing power of root chakra, Mooladhara, awareness in asana and meditation that allows you to manage feelings of lethargy, being stuck, anxiety and depression.

July 4 / 10am-4pm

The Sacral Chakra *Embracing joy*

Access your potential for self-healing with Swadhisthana, and learn strategies that allow you to relate wisely to desire, unhealthy attachments, obsessive thinking and addictions. Freedom and joy are your inherent capacities.

September 6 / 2pm-6pm

The Navel Chakra *Become empowered*

Transform your practice, develop self-acceptance and be empowered by the fire energy of the navel chakra, Manipura.

October 31 / 9am-1pm

The Heart Chakra *Recognising compassion*

Awaken the qualities of Anahat and cultivate a forgiving and loving heart to dissolve the blockages and fears that create disconnection in your life.

December 5/ 10am-4pm

The Throat Chakra, the Third Eye and the Crown Chakra
Expressing intention

The throat chakra, Vishuddhi, is the centre of communication. During the workshop you will learn ways to express your deepest intention (sankalpa) for the year ahead. Intention energises your inner gifts of intuition and ancient wisdom located at Ajna Chakra and Sahasrara Chakra correspondingly.

Places are limited so booking and payment in advance with cash or via transfer is vital to secure your place.

Venue: Salisbury Centre, 2 Salisbury Rd. EH16 5AB

Bookings: lunayogameditation@gmail.com / tel. 07582271525

Find more information and other classes at www.lunayogameditation.com