

This introductory seminar will help you to understand the energetic constitution of human being. The key topics covered will be: 1. Yogic Cosmology: This section will cover the fundamentals of yogic understanding of our energy constitution and includes tattwas, gunas and pranas. 2. What are Chakras?: Here we will go through the definition and understanding of 'Chakra' and how they relate to our physical and energetic constitution. 3. The key Chakras: We will dive little bit deeper into key chakras, their functions and various attributes 4. Imbalances: This section explores the root of imbalances. 5. Treatments: The last section will introduce the basic tools and methods of chakra balancing. It will be a casual, open and interactive environment focused on learning, exploring and healing.

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**pranic therapy**

Healing through Stillness using ancient wisdom.

## Two hour seminar on Introduction to Chakra Balancing

### Topics Covered:

- Yogic Cosmology
- What are Pranas?
- What are Chakras?
- Causes of Imbalance
- Holistic Treatments

Cost : \$20

RSVP required:

**Living Prana**

575 Second St, Encinitas, CA.

(760) 944 9439

email: [livingprana@gmail.com](mailto:livingprana@gmail.com)

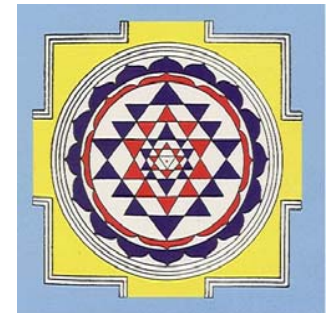
web: <http://www.livingprana.com>

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## Introduction to Chakra Balancing



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(760) 944-9439



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## Brief overview of Prana and Chakra

Have you ever felt in the middle of strong emotional experience, e.g. being very angry at someone, that it's not 'you' who is angry, it's like a wave of anger is flowing through you. Yogis and Buddhists believe that all emotions are energy winds that flow through us and if we are centered then we can feel them coming and going. This gives us a choice if we want to be animated by our feelings or not. Yogis tell us that the key is in understanding how our pranas (winds) interact with chakras (center of whirling energies).

Traditional eastern healing systems view our living human form as an intricately woven system of energies in which our consciousness dwells. Ultimately it's the 'dweller' (or consciousness or soul) that gives the purpose to the living human form, however, the vibrational pattern-maker or bio-energy that integrates and animates all the elements in the living form is Prana. Prana is a Sanskrit word that roughly translates to 'life-force' or 'breath of life'. Prana is both the physical breath and the subtle life energy of the body. In different cultures this is referred to by different names: Chi(Qi), Barak, Mana, Logos, Energy, etc.

Flowing like a complex wave through water, prana flows through and over the elemental energies and creates the subtle-body out of which the gross physical body is formed. The subtle-body is also called etheric body and contains six major centers of resonance called Chakras. Chakra means "wheel" in Sanskrit. Six centers or chakras correspond to and work closely with the endocrine glands and nerve plexus. These centers have been studied for centuries in the Far East. They funnel pranas into the body, bring vitality to the organs, and each and every cell. All functions of our body-mind matrix are governed by pranas.

Wellness can be enhanced by balancing the free flow of prana through the chakras and the whole body that improves the emotional balance, coordination, rhythm and healing in the living body.

Questions? Comments?: email: [pranikenergy@gmail.com](mailto:pranikenergy@gmail.com)