

# SLK Foundation-Wellness Workshop III -Chakra Darshan& Vipasana

**Venue: Sobha Opal Clubhouse, 4T block,**

**39th cross, 18th Main, Jayanagar, Bangalore**

**Sat 26th July 2014**

**Time 5:30 PM to 7:00PM**



## **Chakra Darshan & Vipasana**

The seven *chakras* (whirling energy centers) have been elucidated well in India's ancient *Kundalini* Yoga. Chakras are also landmarks of evolution, during inner journey of a seeker. Tragically most human beings may not evolve beyond realm of the lowest chakras; all animals too experience life only on the two lowest chakras. Blocks in Chakras cause personality disorders borne out of fear, guilt, sexual disorders or lifelong obsessions. Un-block them to lead a fuller life!

*Vipasana* is the mediation technique developed by Gautam Buddha; yet *Vipasana* without initiation or prior warm up can be a tortuous, painful experience. During our three and half hour long workshop, seven Chakras, will be invoked thru *Yoga Asanas* (yogic postures) & visualization processes. Later *Vipasana* technique for mediation will be introduced to savor the golden silence, as *Prasad*(fruit-outcome) of the workshop. Workshop will be followed by a simple dinner.

**RSVP by e mail or call 09035010503 to register**

**Chakra Darshan-Vipasana workshop will be conducted  
by Yogi Rajesh Jain, Bangalore.**

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[www.slkfoundation.in](http://www.slkfoundation.in)

Sobha Opal Clubhouse, 4T block, 39th cross, 18th Main, Jayanagar, Bangalore 560041

Tel: 022- 22746312      Cell: 09035010503/09886346628  
email: [slkfoundation.in@gmail.com](mailto:slkfoundation.in@gmail.com)

# SLK Foundation-Wellness Workshop III - Chakra Darshan& Vipasana

**Yogi Rajesh Jain, Bangalore**



<b><u>Name of Chakra</u></b>	<b><u>Located@</u></b>	<b><u>Adjoining Gland</u></b>	<b><u>Presiding deity</u></b>	<b><u>Psychological Effects</u></b>
<b>Mooladhar (Root)</b>	Cervix(at end of tail bone)		Ganesh, Dakini	Get over Fear, Insecurity, Lack of Trust
<b>Swadishthana (Gut)</b>	Coccyx	Adrenal	Vishnu	Guiltless Enjoyment of Bodily Pleasures
<b>Manipura (Diamond)</b>	Behind Navel	Pancreas, Liver	Rudra	Develop Sympathy, Engage in Social Service
<b>Anahata (Heart)</b>	Centre of chest	Thymus	Isha, Kakini	Experience Emotional Love
<b>Vishuddha (Purity )</b>	Throat	Thyroid	Sadashiva, Sakini	Unconditional Love, A Loving State of Mind
<b>Aajna (Wisdom)</b>	Centre of Eye Brow	Pineal	Paramshiva,Hakini	Wisdom, Pure Awareness
<b>Sahasrara (Crown)</b>	Crown of head	Pituitary	Shiva, Shakti	ESP, Fame, Attract Followers

Note: Information on Chakra in table has been sourced from AKSHARA FOUNDATIONS-Living Master AksharA

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*Workshop Coordinator: Pankaj Narayan Pandit, Founder, Trustee -SLK Foundation, 15 year old registered charitable trust*

*-Creating Wealth from Waste -www.slkfoundation.in*

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