



jeanne heileman
tantra flow yoga





TANTRA, YOGA AND THE CHAKRAS

A Course Through the Chakras

The Chakras are regions along the spine that whirl energy, or hold it blocked. How that energy is functioning affects our mind and our outer life. When we bring this energy into balance and then increase its positive aspects, we can become much more efficient and powerful in our life.

This fun and easy course will open the door to your experiences of the Chakras in a safe and accessible process. Each class is designated to a specific Chakra with poses that help connect that energy in your body. Breathing techniques, visualizations and even the use of a Mantra for that region will open any blockage and heal any overuse in that region. Following each class is a meditation to open the more subtle layers of the Chakra.

This course will open you to more awareness in your body and spirit, and is fun!

Overview of the Course

This 6-day course includes a 1-hr asana class and 30 minute meditation, focusing on one or two chakras. Like constructing a building from a solid foundation, we start with our foundation or root chakra and move up from there.

DAY ONE - EARTH

Asana: First Chakra:
Rooting and Getting Grounded
Meditation: Chakra One and Two

DAY TWO - WATER

Asana: First and Second Chakra:
From Stability to Creativity
Meditation: Chakra One and Two

DAY THREE - FIRE

Asana: Third Chakra:
Building Your Inner Fire
Meditation: Chakra Three

DAY FOUR - AIR

Asana: Fourth Chakra:
Accessing Space in the Heart
Meditation: Chakra Four

DAY FIVE - ETHER

Asana: Chakra Five:
Vibrations and the Power of Mantra
Meditation: Chakra Five

DAY SIX - LIGHT

Asana: Chakra Six:
Awakening Inner Vision
Meditation: Chakra Six

YOU WILL NEED:

- About one hour for each asana class and about 30 minutes for each meditation. You can do them separately, saving the meditation for later in the day/evening if you have a busy schedule.
- Space for your yoga mat that is generally free from disturbance.
- One blanket (or more) for sitting to keep your knees even to or lower than your hips so that your back and knees are happy.
- A strap and a block to support you in some of the poses.
- An empty belly for the yoga class.

HOW TO DO THIS:

You need to sign up for Yogavibes.com if you are not already a member. All videos are on the site. If you are new, you can sign up for a free two week trial period (enough time to do this series). Sign up at www.YogaVibes.com. Links to the videos work when you are logged in to your YogaVibes account.

- Start with DAY ONE, taking the yoga class and following the information in the class.
- Follow with the meditation assigned to each day. If you cannot do the meditation right away, save it for later in the day or evening, before you go to bed.
- If you have time, keep track of your experiences in a journal. Some classes will be easier because you are likely more open in these areas. Try to be very interested in the areas where you are not so open – this is fun! When we bring some positivity to the more difficult areas, they begin to open in a safe manner.

DAY ONE - EARTH

First Chakra: Rooting and Getting Grounded

<http://bit.ly/YVd4dy>

This class will introduce you to the Muladhara Chakra, known as the Root Base. In women, it is located at the cervix. In men, it is located about 2 inches above the pelvic floor. This practice is filled with poses that develop attention to the feet, legs and the earth. It also introduces a regulated ratio for breathing throughout the practice to bring calm for the mind. In this flowing class there will be challenging moments of developing strength to get still, which when blended with pranayama woven into the practice, becomes extremely powerful.

MEDITATION:

Chakra One and Two Meditation

<http://bit.ly/10mTR5A>

This meditation gets you rooted into your body and mind. It draws the negativity from areas of your body, mind, and emotions, and releases them out of you in a safe manner. You are left grounded, stable and solid. This is a great meditation to do in troubling times.

DAY TWO - WATER

First and Second Chakra: From Stability to Creativity

<http://bit.ly/1rQtEH6>

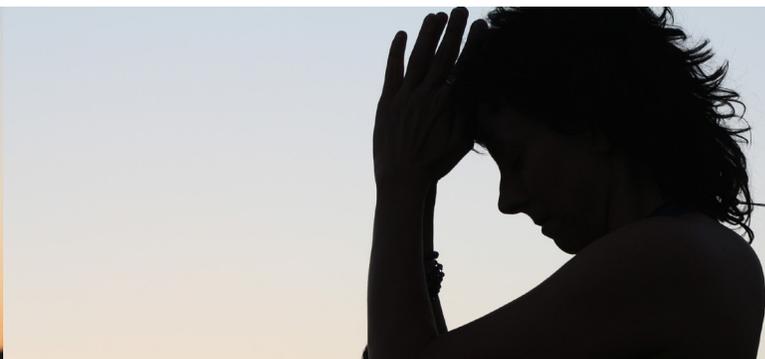
We will first move through a flow practice to heat the muscles and joints. And then we will go slowly, gradually and deeply, into the hips and adjoining muscles. You will hear some repeated information about the Muladhara Chakra and then be introduced to the Swadhisthana Chakra, located in the center of the pelvic bowl, including the sexual organs. After getting our base needs addressed (food, clothing, shelter and health,) we begin to desire expansion to new tastes, people, and experiences. This class will address both the stability and the movement and help heal both regions through longer holds and inner visualizations.

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DAY THREE - FIRE

Third Chakra: Building Your Inner Fire

<http://bit.ly/1pJiUVc>

The Manipura Chakra, known as the City of Jewels, dwells in the center of our torso, generally behind the belly button. In Tantra our center is known as the "kunda" or oven in Sanskrit, where our internal fire is contained. We need this fire for healthy digestion of food, mental activity, and emotional experiences. We also need this fire to experience the vitality of life and our gut wisdom. This class will help you access, light, build and maintain your flame so that it shines through the spark in your eyes, the glow of your skin and expands your whole aura.

MEDITATION:

Chakra Three Meditation

<http://bit.ly/1CHJ9o9>

According to Tantra, we have two fires in our belly. One, Jathara Agni, is needed to help us digest our food and process emotion. The other, Bhuta Agni, is a spiritual fire that burns our negative Karmas and our negative Samskaras. This meditation will help cultivate an inner light which will then move to the Manipura Chakra where you are invited to feel the power of your inner flame and perhaps, become that flame. This is a powerful introduction to Tantric Fire Ceremonies.

DAY FOUR - AIR

Fourth Chakra: Loosening the Bonds in the Heart

<http://bit.ly/1t11Bfd>

The Anahata Chakra is located in the upper chest region; we shall imagine it behind the sternum and in the center of the upper torso. The name means "Unstruck," suggesting that there is a place in our hearts that has never been hurt with harm or fear. Its quality is air, which suggests the concept of our hearts being as light as air. This class will move you through a warm-up sequence similar to all flow classes, except that heat will come from how you breathe as well as the poses. Backbends will be coupled with Mantra and specific breathing techniques to bring a sense of lightness and expansiveness around the heart.

MEDITATION:

Chakra Four Meditation

<http://bit.ly/1x41YyE>

In this meditation you will be guided through Viloma, a Pranayama technique that moves the breath against the grain of what is comfortable. This creates expansion and strength in the lungs and heart and ease in the breath when it returns to its natural rhythm. Then you will go on a journey, deep, into your own heart's cavernous shadows to access a light that is always lit. When we see this light and begin to feel it, our fear and negativity melt.



DAY FIVE - ETHER

Chakra Five:

Vibrations and the Power of Mantra

<http://bit.ly/10mU9t5>

The practice focuses on aspects of the Vishuddhi Chakra, located in the throat and including the teeth and tongue. Ether is the element that allows sound and vibration to travel. You will join the students vocalizing the mantra "So Hum" as you move through Sun Salutations and poses. At times, things will get quiet as you silently repeat the mantra, feeling the vibrational quality that the mantra provides, resonate throughout the poses. This well-rounded class leads to Sarvangasana, the Shoulder Stand, and Matseyasana, the Fish Pose.

MEDITATION:

Chakra Five Meditation

<http://bit.ly/1BCpPWQ>

Everything vibrates, either on a slow, dull level or a faster, lighter frequency. The vibration of our speech comes from the vibrations of our respiratory system, which are a result of the vibrations from our thoughts. If we can begin to control the vibrations in our mind, it can eventually ripple outward past our speech and into our actions and our life. We return to "So Hum", which translates to, "I am That." The "That" means a Divine spark which is inside each of us, our soul, our Higher Self. We are aligning ourselves to that sacred spark and less to our outer form, bank account, or accomplishments, all which constantly change.

DAY SIX - LIGHT

Chakra Six:

Awakening Inner Vision

<http://bit.ly/1vywKyt>

The Ajna Chakra is located between the two eyebrows, and deep inside the center of your mind. There is no element for this Chakra, it is extremely subtle and is often connected to the aspects of light. It is said that when we close our outer eyes, the inner Third Eye begins to awaken and see what is meant for our soul to see. In this class we will do a fun flow practice, often closing our eyes to feel the poses from the inside out. You will develop an inner awareness and intelligence to match your outer intelligence.

MEDITATION:

Chakra Six Meditation

<http://bit.ly/1pugKts>

This online meditation is from a lineage of teachers in the Himalayan Mountains, brought to Jeanne from her grand-teacher, Pandit Rajmani Tigunait. Using a technique that he taught her in his Living Tantra Training, you will learn a special Pranayama to heighten the access to the Third Eye, increasing the amount of Prana (Life Force) you are able to gather and maintain in that region. Once that gathering is established, you will be guided where to move this amazing ball of Prana, to help you in the direction you need most.



Why Isn't There A Class For Chakra Seven?

Good question. The higher the Chakra, the subtleties and sensitivities increase. In general, we should always move through the Chakras in a systemic manner, from the lowest to the highest, to keep things safe. It's like building a building – one sets the foundation before building the higher floors to ensure that it won't fall over. So, the more we pay attention to the lower ones to remove blockages and increase our awareness, the higher ones begin to open on their own, safely.



About Jeanne Heileman

Jeanne Heileman began practicing yoga in 1985 and has been practicing ever since. In 1996 she took her first yoga teacher training at Los Angeles' Center for Yoga with Diana Beardsley. She completed her second teacher training, focusing on Tantra, with Rod Stryker in ParaYoga, and continues to study with him as one of his senior teachers. She took her third teacher training with YogaWorks under Lisa Walford and immediately joined their Teacher Training Faculty. Jeanne has traveled throughout India numerous times, studying Tantra with Pandi Rajmani Tigunait and studying Flow & Ayurveda with Shiva Rea.

Jeanne's classes are strong, with clear instruction, and set in a playful environment, focused to discover a deeper meaning to one's practice. She often includes the yogic practices of pranayama, mantra, and meditation within a flowing asana class. Registered with the Yoga Alliance at the E-500 Level, she teaches a regular schedule in Los Angeles and shares teacher training and workshops around the globe. To learn more about Jeanne, visit her website at:

www.jeanneheileman.com

