



A JOURNEY THROUGH THE CHAKRAS

AN INVITATION TO TRANSFORM, BALANCE AND HEAL
BODY, MIND AND SOUL

Dearest ones,

Thanks for joining our 7-week online immersion course **"A journey through the chakras"**

Please read the following information carefully in order to prepare the immersion course properly:

Course outcomes:

- Gain a better understanding of what are the chakras
- Reveal their function in our body
- How they support our wellbeing
- Learn how to balance them through movement, meditation and sound healing

Course structure:

This immersion course has been designed to be explored throughout 7 weeks, focusing on one specific chakra and its qualities for a whole week. Once you have completed the course, you will be able to pick and mix as you find appropriate to review or work on a specific part of your body or review it all from the beginning. You'll have access for life!

Each chakra will be explored in 7 different modules that are comprised by:

- Introduction
- Guided Meditation
- Yoga Practice
- Sound Healing

For each module, please allow at least 1h of your time, to take breaks in between and work on the specific exercises designed for them. The modules have been designed to be watched in the specific order stated above, especially if it's your first time.

Specific considerations

Recommended equipment:

Yoga mat (or workout mat)

Blanket or extra layers (for our sound healing part)

Water

Notepad / paper and pen / pencil

For our sound healing sessions, it is recommended to use headphones for the sound to be clearer and more effective. Our sound sessions have been recorded with special microphones to guarantee an excellent sound quality experience

Medical considerations:

If you suffer from severe anxiety, please take our sound healing sessions with ease, as they might unblock suppressed emotions.

If you are pregnant and you haven't experienced sound healing before, please proceed with caution and take as many breaks as you need during the session.

If you are working with any injury, condition or pregnant, please modify your practice accordingly. The yoga sequence has been designed to be accessible but might not be suitable for everyone.

Disclaimer

All in all, none of the information shared and contained in this course is aimed to be a substitute from medical advice and at any point is intended to be taken as medical advice.

Monica Ruiz, Founder of Ingenium in Movement holds the following qualifications:

350 YA Qualified Yoga Teacher

Certified Life Coach

Sound Therapist

Energy Healer – Reiki & Akashic Records Master Healer and Trainer

If you have any question during the course, please feel free to reach us:

Post a comment or a question in Teachable's platform

And or drop us a line:

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To your happiness,

Monica x

Founder, Ingenium in Movement

INTRODUCTION - EXPLORING THE CHAKRAS

The Sanskrit word *Chakra* is often translated to “wheel” or “disk”. In the yoga tradition, this term refers to wheels of energy throughout the body.

According to Ayurveda, the sister healing discipline of yoga in India, states that the body is compiled by thousand of energetic points “*Nadis*” – the equivalent in Chinese Medicine “*meridians*” – that connect all cells, tissues and organs throughout inside out the body. The points where most “*Nadis*” cross and join are determined as “*energy centres*”, the chakras – a concentration of energetic points.

There are seven main chakras, which align the spine, starting from the base of the spine through to the crown of the head. To feel the chakra energy in the body, imagine a swirling wheel of energy being generated at the base of your spine, spinning and expanding, travelling all the way up your spine, all the way to the crown of your head – not to worry, we’ll experience this during our meditations –

This invisible yet palpable and tingling activating healing energy, is called “*Prana*”, life force, which keeps us vibrant, healthy, and alive.

The Importance of the Chakras in the Body

These wheels of energy correspond to massive nerve centres in the body. Each of the seven main chakras contains bundles of nerves and major organs as well as our psychological, emotional, and spiritual states of being.

Everything in the universe is in motion, in movement. Nothing remains still. This motion generates frequencies, sound. Everything has a sound, a vibration on its own. The frequency of the movement determines the specific sound. All organisms on this planet use that vibration or energy, as the primary means of communication. All organisms on Earth are made of that same matter, energy that allows our atoms and molecules to communicate and heal.

Since everything is moving, it’s essential that our seven main chakras stay open, aligned, and fluid. If there is a blockage, energy flows are restricted.

Since mind, body, soul, and spirit are intimately connected, awareness of an imbalance in one area through chakra meditation will help bring the others back into balance. Every chakra comprises and speaks to us about specific characteristics, gifts and abilities. Chakra work offers us an opportunity to work on the physical, mental and emotional, as all three dimensions are intrinsically connected and interdependent – they need one another to accomplish a whole state of wellbeing.

An example – someone who might have been bullied, will probably find very hard to speak up and vocalize their emotions – their heart chakra (emotions) and throat chakra (ability to speak up) will be definitely compromised - potentially being able to develop physical ailments as a somatization of this emotional and mental challenge (pain in their neck, bronchitis...) if they realized the connection between the situation and the physical disease, healing will occur much faster if they bring resolution not only to the physical injury but the emotional one.

The Chakra structure can be divided into three different categories:

1/ The Chakras of Matter (Grounding)

The first three chakras, starting at the base of the spine are chakras of matter. They are more physical in nature.

First Chakra: The *Muladhara* is the chakra of stability, security, and our basic needs. It encompasses the first three vertebrae, the bladder, and the colon. When this chakra is open, we feel safe and fearless.

Second Chakra: The *Svadhithana* chakra is our creativity and sexual centre. It is located above the pubic bone, below the navel, and is responsible for our creative expression.

Third Chakra: The *Manipura* chakra means lustrous gem and it's the area from the navel to the breastbone. The third chakra is our source of personal power.

2/ The Fourth Chakra: The Connection Between Matter and Spirit (Our Heart Intelligence)

Located at the heart centre, the fourth chakra, *anahata* is at the middle of the seven and unites the lower chakras of matter and the upper chakras of spirit. The fourth is also spiritual but serves as a bridge between our body, mind, emotions, and spirit. The heart chakra is our source of love and connection. When we work through our physical chakras, or the first three, we can open the spiritual chakras more fully.

3/ The Chakras of Spirit (Connection & Inspiration)

Fifth Chakra: The *Vishuddha* chakra is the fifth chakra, located in the area of the throat. This is our source of verbal expression and the ability to speak our highest truth. The fifth chakra includes the neck, thyroid, and parathyroid glands, jaw, mouth, and tongue.

Sixth Chakra: The *Ajna* chakra is located in between the eyebrows. It is also referred to as the "third eye" chakra. *Ajna* is our centre of intuition. We all have a sense of intuition but we may not listen to it or heed its warnings. Focus on opening the sixth chakra will help you hone this ability.

Seventh Chakra: The *Sahaswara* chakra or the "thousand petal lotus" chakra is located at the crown of the head. This is the chakra of enlightenment and spiritual connection to our higher selves, others, and ultimately, to the divine. It is located at the crown of the head.

How to align the Chakras

Becoming aware of our internal sensations and changes is key to notice which of your chakras are out of balance, so we can rebalance it. Our bodies are in constant flux between balance and imbalance.

Using a physical diagnosis to feel that potentially, behind that physical impediment, there is imbalance in our mental and emotional body, affecting and flaring up the physical situation.

One of the main objectives of this immersion is for you to identify every chakra meaning and significance and learn how to bring balance to one specific or to your whole body as a whole.

As we recognise that unless we bring the mental, emotional and physical bodies together and in balance, it will be quite tricky for them to function optimal and sustainably, there will be leaks in one or the other. This is why we have designed a specific structure to work on all 3 bodies with every chakra:

- Fully arriving to the space and body with the guided meditation – using the qualities and energies connected with each chakra, we start embodying its qualities, opening and activating it
- Secondly, once our mind is calmer and present and we feel more connected as a whole, we will bring the physical element of the yoga practice, all together with the breath for a full body experience
- Lastly, transitioning to a more subtle vibration, we will connect with the healing power of meditation and sound to fully activate and regenerate the body at a cellular level

Make sure you have all you need (revise the recommended equipment in the section above) and let's get started!

With love,

Monica x

ANNEX - AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

1. I understand that yoga, meditation and sound healing include physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I assume full responsibility for any and all risks, injuries or damages, known or unknown, which may incur through participation.

2. Yoga, Meditation or Sound Healing are not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By joining this course, I affirm that a doctor has verified my good health and physical condition to participate in such a fitness program. In addition, I will make Ingenium in Movement aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am postnatal or post-surgical, my signature verifies that I have my doctor's approval to participate. I also affirm that I alone am responsible to decide whether to join this course and participation is at my own risk.

3. I grant my permission to Ingenium in Movement and any transferee or licensee or any of them, to utilise any photographs, recordings and other references of the activity which may depict, record or refer to me for any purpose. This permission is for use anywhere in the world and Internet and for an unlimited period of time.

4. In further consideration of being permitted to participate in the yoga classes, therapy, workshops or retreats I knowingly, voluntarily and expressly waive any claim I may have against Ingenium in Movement, its leaseholders, owner of the building, instructors/therapists and employees for any loss to personal property, injuries or damages that I may sustain as a result of participating in classes, therapy or workshops held by Ingenium in Movement.

6. I, my heirs, or legal representative of such forever release, waive, discharge and covenant not to sue Ingenium in Movement, nor its leaseholders, owner of the building, instructors/therapists and employees for any injury or death caused by their negligence or other acts. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

By joining this course I comply, confirm and accept that I have read and fully understand and agree to the above terms of this Liability Waiver Agreement, doing it so voluntarily.