

The Yoga Loft Presents:

# Eastern Anatomy Comprehension and Technique

A Deeper Understanding of the Essence of Yoga for Teachers and Interested Students  
with Prem Siri Kaur

The eastern anatomy system refers to the complex configurations which are the human energy system. These include but are not nearly limited to the chakras & nadis. Bhandas, mudra and mantra are sophisticated yogic techniques to tap, connect, control, alter at will, and improve the functioning of this energy system through the 'vehicle' known as our physical body. In deep, concentrated and enlightened states of awareness the yogis could see clearly these systems and how to effect them to work optimally. They concluded that the physical body and energy body were reflections of each other. The energy body, however, has the distinct advantage of being unlimited and unencumbered by the laws of the physical reality. Therefore, it is the preferred method of yogis to focus on the energy body in order to realize the essence of who and what we really are.

*This course will encompass the following practical applications:*

- Location and complete understanding of the chakras & the 3 major nadis
- Asana, bhandas mudra & mantra for the chakras
- Understanding kundalini energy in a hatha yoga practice
- How to achieve better health through controlling the nadis
- Practical applications, demonstrations and fun activities for working with these ancient techniques safely & effectively
- Learn to "read" the energy body and thereby improve your and/or your students' experience within a yoga practice
- Sequencing a hatha yoga practice with a chakra theme (all seven chakras!)
- How to prevent injury with Bhandas practice
- Understanding why mudras work
- How to share mantras with confidence and effectiveness

## Chakras & Nadis

In this workshop, we will learn in detail about the seven main chakras, the three main nadis, and their connection to the kundalini force. In addition to understanding location, gland & nerve relationships, colors, frequencies, etc., we will also learn asana that benefit the various chakras, pairing of the chakras for specific benefit in a yoga sequence, and sequences for the individual chakras. This class will provide a thorough workout for the physical body and pranayam for refreshment of the energy body.

**Saturday, March 24, 1-5pm**

Cost: early sign-up \$75 by March 15, \$85 after March 15

## Bhandas, Mudras & Mantras

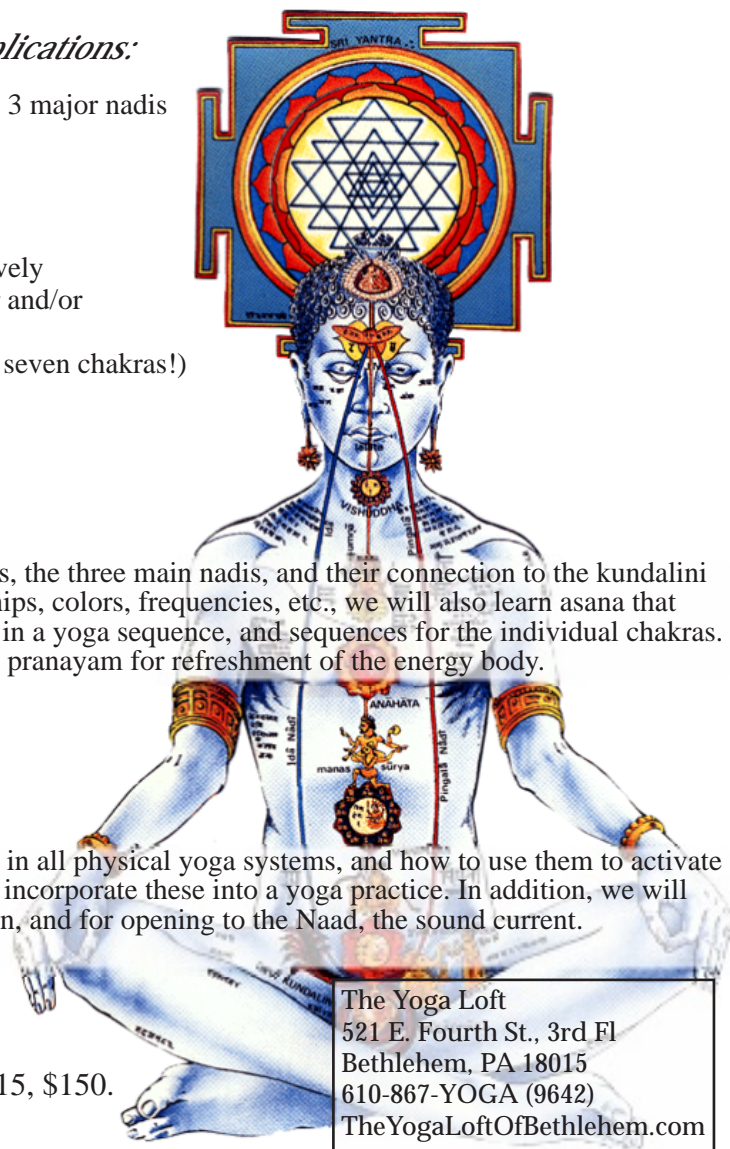
In this 3 hour workshop we will look at the three main Bhandas used in all physical yoga systems, and how to use them to activate the chakras. We will learn popular mudras in Hatha yoga and how to incorporate these into a yoga practice. In addition, we will practice & learn vedic chanting techniques for the chakras, meditation, and for opening to the Naad, the sound current. This workshop will be rejuvenating and meditative.

**Sunday, March 25, 1-4pm**

Cost: early sign-up \$65 by March 15, \$75 after March 15

Sign-up for both by March 15 and pay only \$125, after March 15, \$150.

Pre-registration required. Call or click!



The Yoga Loft  
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Bethlehem, PA 18015  
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TheYogaLoftOfBethlehem.com

This seminar is part of The Yoga Loft's 300 Hour Advanced Teacher Training Program, and is also open to the public. Teachers who are enrolled in the training, as well as teachers taking the course independently, will receive a certificate of completion that is applicable for Yoga Alliance CEU's.