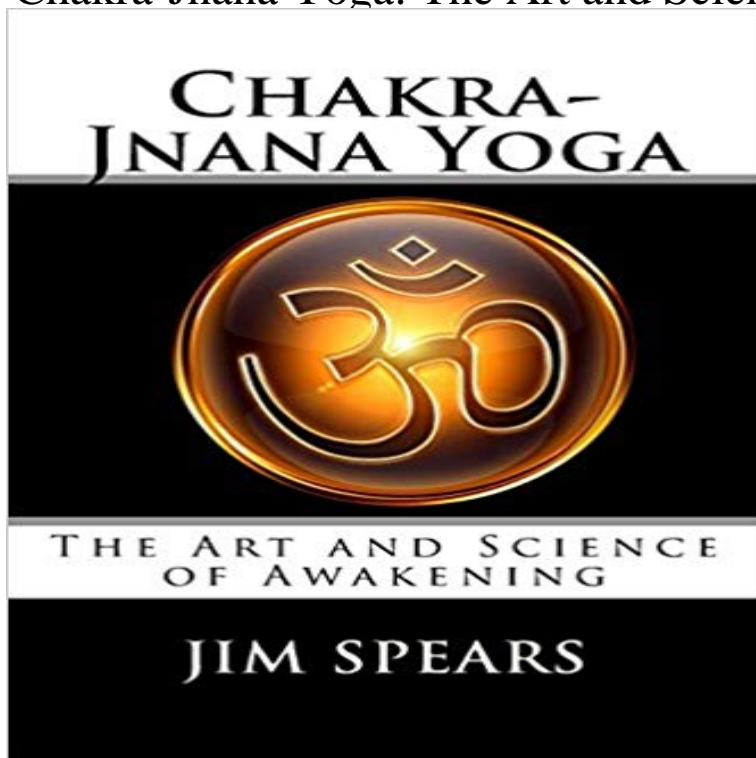


## Chakra-Jnana Yoga: The Art and Science of Awakening



In Chakra-Jnana Yoga you will learn a variety of techniques for working with the chakras. The first section of the book explains how hatha yoga poses connect with and open the chakras. The second section of the book is entitled Chakra Breathing Techniques and covers a dozen different methods for increasing and moving energy through the chakra system. In the final portion of the book Jnana yoga teachings are applied in a way to purify the emotional and mental aspects of the chakras so that one may have spiritual realization. Though there are many books that describe the chakras from a theoretical perspective, there are few that actually give detailed methods for working with them on all the levels of our being. In this book you will find precise techniques for incorporating the chakras into your yoga practice on all levels. In first portion of the book detailed information is given that explains how hatha yoga poses benefit the chakras. Each chakra is examined along with the major and minor hatha poses that correlate with the chakra. Mini-sequences are also given for each chakra as well as information about how to transition from one chakra to another while doing hatha yoga. In the section entitled Chakra Breathing Techniques, the author starts with simple breathing methods that form the foundation for learning to perceive the subtle energy of the chakras. Building on this the book goes into detail about how pranayama connects with the chakras, and how the breath can be used to circulate energy through the whole chakra system. To release and heal the emotional and mental aspects of the chakras, so that spiritual realization may occur, the author outlines a specific method of self-inquiry that allows for profound spiritual insight. Through direct realization of the psychic aspects of the chakras it is possible to abide in the True Self, and this realization of the Higher Self is the end goal of authentic

chakra based yoga practices. In summary, this book will teach you practical yogic methods for working with the chakras on the physical, energetic, mental-emotional and spiritual levels.

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