



Chakras (Thorsons Way of)

Caroline Shola Arewa

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An in depth look at chakras.

The term chakra comes from the Sanskrit word for `wheel'. They are centres of energy and part of a greater network of subtle energies that pervade the body. The chakras will be placed in a cross-cultural, historical context, showing how knowledge of the chakras can be found in ancient spiritual traditions the world over.

The reader will be introduced to a variety of practical exercises. These will include visualizations, meditations, breath awareness and specific postures, all designed to encourage practice and direct experience of the chakras.

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