

Muladhara Chakra Awakening Workshop

Learn Meditation Technique to Safely Awaken the Foundation Chakra

with Takeshima, Paul and Suzee Grilley

March 27 & 28, 2010

The mula-prakriti, associated with the Muladhara chakra, is the primordial source of matter and the basis of physical nature. The shakti energy of the mula-prakriti constitute the kundalini, which lies at the foundation of creative power in the physical world, the material astral world, and the material causal world. Kundalini is the fundamental and material power which creates the natural universe. Awakening of Kundalini is possible when mula-prakriti unites with essence of purusha or spiritual energy, the world of purely mental thoughts. Without awakening of the Muladhara chakra, awakening of other chakras are not possible.

March 27

9am-10:30am

-Meridian exercise by Takeshima

10:30am-12pm

-Lecture by Paul Grilley on concept of Motoyama yoga

12pm-2pm Lunch

2pm-5pm (by Takeshima)

-Lecture on the Muladhara chakra

-Practice to concentrate on the Muladhara

March 28

9am-12am (by Takeshima)

-Meridian Exercise

-Meditation focusing on Muladhara and Ajna

12pm-2pm Lunch

2pm-5pm (by Takeshima)

-Lecture on the methods to awaken of the chakras and their meanings

-Meditation practice

-World peace prayer – chanting heart sutra -

Fees:

\$150 - Early registration by 3/12

\$190 – after 3/12

\$120 – Student discount

\$150/1hr – Individual session w/ Takeshima (appointment only)

\$30/day – Meditation session (Mar.29 & 30, 6pm-9pm)

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For more information or registration, please contact

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