

# Theory and Practice of the Chakras: A Workshop with Paul Grilley

In this workshop we will introduce the basic techniques of chakra meditation, per the classic text, "Theories of the Chakras" by Dr. Hiroshi Motoyama. that outlines both ancient and modern theories of chakra location; demonstrates the relationship between the nadis and pranas of yoga, with the meridians and chi of acupuncture theory; and outlines asana, pranayama and bandha practices used to awaken the chakras. In this workshop, we will:

- Learn basic asana and meridian exercises that prepare body and mind for meditation.
- Practice the two basic pranayama methods Dr. Motoyama felt were most useful for chakra meditation.
- Explore the specific meditation used to awaken the first chakra.

*Theories of the Chakras* is a wonderful and pragmatically useful guide to chakra meditation. In this workshop we will demonstrate the value of its historical, cross cultural, and scientific approach.

**Requirements:** Students are asked to purchase *Theories of the Chakras* and familiarize themselves with chapters 1, 2, and 9.



## California Institute for Human Science Saturday April 22- Sunday, April 23, 2017



Paul Grilley has practiced yoga since 1979. He has authored three instructional DVDs and a book on yoga and anatomy. His special interest is the influence of skeletal variation on yoga practice.

### **Registration:**

Fee for outside community members: \$325 by Apr. 1, \$375 after Apr. 1.

For CIHS graduate students: Two- unit course credit fee, due March 24<sup>th</sup>.

*Nursing CEUs available.*

For More Information, contact:

**California Institute for Human Science**  
701 Garden View Ct., Encinitas, CA 92024  
760-634-1771  
[admin@cihs.edu](mailto:admin@cihs.edu)