

# Chakra long weekend

## Ask Retreat Centre • Nov. 2-5

Intensive teaching in yoga, breathing techniques, relaxation and meditation in recreational surroundings by the sea with vegetarian food and sauna. Throughout the retreat, you will experience how the esoteric knowledge of the chakras can give you a deeper understanding of the interaction between body, mind and energy when doing yoga.

### TEACHING SCHEDULE:

**Thursday evening at 8.30 - 10 pm**

**Introduction to the Chakras:** Already Thursday night you are introduced to the chakras and their location. After an introduction to the long weekend, the actual teaching begins with a short relaxation where the chakras are located and contacted together with the breath. Then you learn **Surya Namaskara** (Sun Salutation) and what chakra you can concentrate on in each of the 12 poses. In addition, we work with other dynamic and static yoga poses which make the back more flexible and get the energy (prana) to flow more freely.



**Friday morning at 7 - 9 am**

**The basis for working with the chakras and Ajna chakra:** The body is being prepared for meditation through an easy yoga program of premeditation poses. The mind is prepared by working with techniques related to Ajna chakra - the third eye. When the **Ajna chakra** is more active (awakened), the other chakras can be awakened in turn from the root chakra (Mooladhara) and upward. We will, among other things, make **Tratak**, a light meditation where you concentrate on the flame of a candle, the Sun Salutation with chakra concentration, various yoga poses that awaken Ajna chakra and not least breathing techniques like **Kapalabhati**, **Moorcha** and **Nadi Shodana**. In addition, you will learn **Shambhavi mudra** - concentration at the centre of the eyebrows.

**Friday at 11 am -12.30 pm**

Learning **Neti** nose cleansing. It's not just a yoga technique that's good when having a cold, pollen allergy and sinusitis - it's also a powerful technique for awakening Ajna chakra. Afterwards, **Chakra Meditation and Relaxation:** The meditation state is introduced through **Yoga Nidra**, a deep relaxation technique, and you learn the first steps in **Source of Energy meditation** (Vishuddhi shuddhi) - an integrated energy and chakra meditation from the tantric yoga tradition.

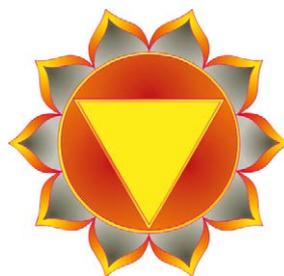


**Friday afternoon from 4.30-6.30 pm**

**Mooladhara & Swadhistana chakra:** The afternoon class starts with a brief lecture on **Pratyahara** - relaxed confrontation, a basic attitude in your work with yourself. Afterwards, a yoga program designed to create more energy flow through the two lower chakras. You will, among other things, work with different hip poses and backstretch variations. **Moola Bandha** (root lock) and **Jalandhara Bandha** (neck lock) are introduced as two energy switches attached to the chakras together with the **Bhastrika** breathing technique. The class ends with **Nadi Shodana** and the first steps in **Antar Mauna** - a tantric awareness-based meditation (an advanced version of mindfulness).

**Friday evening at 8.30 - 10 pm**

Lectures on the Chakras and how the energy (Prana) is awakened and the hemispheres are synchronised through the use of the **Nadi Shodana** breathing technique. The evening ends with **Chakra Rohana & Avarohana** - a song meditation for awakening the chakras.



**Saturday morning at 7 - 9 am**

**Manipura & Anahata Chakra:** You make nose cleansing before the morning class. **Tratak** is repeated and you learn a variation of the Sun Salutation called **Chandra Namaskara**, Moon Greetings. The yoga program of the morning includes the classic poses the **Plough** and the **Fish** in addition to other yoga poses for the awakening of Manipura and Anahata chakra. After the yoga program, you learn **Uddiyana Bandha** (Abdominal lock) and **Agnisara** (Kindle the Fire), a powerful technique for awakening Manipura chakra. The breathing technique **Kapalabhati** (Cleansing of the forebrain) is now repeated together with the Abdominal lock and you learn **Bhramari** (Humblebee) - a technique for harmonising Anahata chakra.

**Saturday at 11 am - 12.30 pm**

**Yoga Nidra** deep relaxation with an emphasis on Chakra visualisation and the Source of Energy meditation is repeated with new steps.

**Saturday afternoon at 4.30-6.30 pm**

**Integrated chakra program:** 12 rounds of the Sun Salutation with mantra song. Afterwards, we make the **Ladder** - a meditative chakra program of Mudras and Bandhas - from the bottom of the body to the top of the head. From Mooladhara to Sahasrara Chakra. The class ends with the awareness based meditation **Antar Mauna**.

**Saturday night at 8.30 - 10 pm**

Talk about yoga at home and a yoga shop where you can buy yoga mats, books, CDs etc. The evening ends with the song **Meditation Chakra Rohana & Avarohana**.



**Sunday morning 7 - 9 am**

**Integrated Chakra program:** You make nose cleansing yourself before the morning class. We start with **Nada Yoga** (concentration on inner sounds) - a technique for awakening Bindu (top of the back of your head). Afterwards, the Sun Salutation with chakra concentration and the whole **Classical yoga program** - a combination of classical yoga positions for chakra awakening and harmonisation of the energy flow throughout the system. **Agnisara** is repeated and the class ends with **Nadi Shodana**.

**Sunday at 10.30 am - 12 pm**

**Yoga Nidra** deep relaxation and the Source of Energy meditation is now repeated in its entirety.

*Hari Om Tat Sat*

### PLACE, TIMES & PRICES

The Weekend Retreat is at Ask Retreat Center, about 2 miles north of Bergen. It starts Friday Nov. 2 at 6.30 pm and ends Sunday Nov. 5 at 1 pm. **Price:** NOK 4,320 and incl. accommodation, veg. food and tuition. Hanna makes delicious vegetarian food and Audhild and Bjarke guide you through the weekend. *Enrolment at [www.askyoga.com](http://www.askyoga.com).*

Yoga Retreat since 1983 ————— **ASK RETREAT CENTRE** • Floridavegen 81 • N-5307 Ask • Norway • Ph +47 56 15 15 00

**SKANDINAVIAN YOGA AND MEDITATION SCHOOL**