Yoga Cosmology, Psychology & The Chakras

with **Kaoverii Weber**

MA, E-RYT 500

January 18-21, 2014

OR July 7-10, 2014

Event duration 2 days 7:30 am – 5:30 pm

Breakfast 9:00-9:45 AM / Lunch1:30-2:45 PM.
Accommodations and meals available on-site – optional/extra.

In this four day intensive workshop you will delve into the chakras from the perspective of the ancient Tantrics – the yogis who first perceived and wrote about the chakras. This workshop offers a history of chakra theory and gives an in-depth look at the system as interpreted by Carl Jung, Joseph Campbell and other innovative thinkers. You will gain a deep understanding of yogic macro and micro cosmology - of how the innate order of the universe reflects in our psychology and subtle anatomy. Asanas and other hatha tantric yoga practices were originally developed to balance the chakra system. You will learn yoga postures and practices to bring the inner world into its natural harmony and balance it with the external order of things. And you will acquire tools, crafted through the timeless technology of yoga and tantra, to balance your own chakra system and to help others balance theirs. Why Balance the Chakras? Because the chakras control all aspects of our being. When you work to balance your chakra system through yoga, you are creating balance in your mind, body and spirit.

Kaoverii Weber began teaching 1995 and training yoga teachers in 2003. She teaches locally in Asheville, NC and internationally. Kaoverii has a BA/MA in English Literature, has trained in Ananda Marga yoga, Vini yoga, Anusara yoga, Kripalu yoga, Vinyasa yoga, Iyengar yoga, Chinese medicine, Shiatsu and therapeutic yoga for seniors. Kaoverii's is author of, *Healing Self Massage*, Sterling (2005). She has published articles for several magazines and is a regular writer for *Elephant Journal.* Her site: www.subtleyoga.com

To Register: Send your payment of $760.00 including 13% HST payable to: Karen Heaven Inc.

Heaven on Earth Yoga Institute | IHYT-Integrated Health Yoga Therapy
188 Green Mountain Rd E, Hamilton-Stoney Creek, ON L8J 3A4 Canada

Information & Registration Contact:
888.GO.KAREN | Tel/Fax: 905-664-9099
Web: www.heavenstudio.ca / www.ihyt.org
Email: info@heavenstudio.ca / info@ihyt.org