

**Title: Conversations**

**Subtitle: Forms of Yoga Aligned with Chakras**

**Second Subtitle: Forms of Yoga Aligned with Chakras**

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Tantra Yoga - A methodology of controlling the bodies vitality. ~ The overall method of Yoga for Connection.

Jnana Yoga - A seeking of spiritual knowledge. ~ Sahasrara (Thousand Petaled) - Crown Chakra

Raja Yoga - The practise of mindfulness meditation. ~ Ajna (Command) - Third-Eye Chakra

Bhakti Yoga - Ritual devotion. ~ Vishuddha (Especially Pure) - Throat Chakra

Karma Yoga - A path of mindful action (Selfless Service). ~

Anharta (Unstruck) - Heart Chakra

Kriya Yoga - A technique of inner karma cleansing. ~

Pranayama Yoga - A practise of regulating the breathing. ~ Manipura (City of Jewels) - Solar plexus Chakra

Hatha Yoga - A way of keeping the body balanced through stretching. ~ Svadhishtana (One's Own Base) - Core Chakra

Kundalini Yoga - A practise to awakening the sexual vitality. ~ Muladhara (Root Support) - Sexual organs Chakra