

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. - 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 to 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