

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 over Connection.

Jnana Yoga - A seeking of spiritual knowledge (Petaled) - Crown Chakra

Raja Yoga - The practise of mindfullness (Third-Eye Chakra

Bhakti Yoga - Ritual devotion (Especially Pure) - Throat Chakra

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

Anahar (Unstruck) - Heart Chakra

Kriya Yoga - A technique of inner karma cleansing. ~

Pranayama Yoga - A practise of regular breathing (Solar plexus Chakra

Hatha Yoga - A way of keeping the body balanced through asana (Base) - Core Chakra

Kundalini Yoga - A practise to awaken the sexual energy (Sexual organs Chakra