



Course details

Course title

Care 2: Introduction to Chakras

Course code

Q00018556

Course date

Start: 17/09/24

End: 17/09/24

Number of classes

1 sessions

Timetable

Tue 17th Sep, 11:00 to 12:30

Tutor

Georgia Daniel

Fee range

Free to £5.55

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

All our Care2 courses are completely free for unpaid carers (or those who have previously been carers). You do not need to receive a carer's allowance to qualify. If you are unsure, please contact our call centre advisors who will be able to assist you. Join me on this relaxed and informative course where we will look at the intriguing world of Chakras. Week by week we will explore the crown, third eye, throat, heart, solar plexus, sacral and root chakra. This course is designed to elevate your awareness and knowledge of how you can use holistic therapy to enhance your life and wellbeing. We will cover both the practical and theoretical application of how to work with these amazing energy centres. Chakra centres correspond to each nerve bundle and the major organs of the body. With a deeper understanding of how each one relates to our emotions, health and general wellbeing it is possible to live a more balanced and happier lifestyle. Each chakra has its own unique profile, including the right food to eat, mantra to use, emotional expression, vibration and colour. You will learn a range of ways of how we can help balance the chakras through a deeper understanding of this fascinating subject. You will not need to purchase anything for this course and no prior knowledge is needed. We will also cover aromatherapy oils, crystals, the sound mantras and the associated body part that links in with this subject.

Course description

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This course is a programme tailored for individuals looking to improve their knowledge of self-care with a holistic standpoint.

So, what is a chakra you may ask? The chakras act as distribution centres. They distribute the five pranas (how we gather energy from the food we eat, air we breathe and interaction with other people), to their associated local regions. For example, the root chakra will distribute the 'apana prana' to the pelvic region and provide energy for the organs in this region. When a chakra is blocked or not functioning properly, this distribution pattern gets disturbed, and issues arise. This then may result in pain and dysfunction of this particular area. It is important to balance the chakras to improve health and general well-being. There is no one single method to unblock your chakras, but rather several. The best way to unblock your chakras will be different for everyone, and it's a matter of trial and error to find out which method works for you.

Designed for absolute beginners or for those with some prior knowledge. Each week the sessions finishes with a short meditation to consolidate your learning.

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