

## Mindful Chakra Yoga

Chakra awareness is intrinsic to the ancient discipline of yoga. Modern day studies reveal how these embodied energy centers are gateways to understanding physical, mental, emotional, and spiritual well-being. We practice gentle Hatha yoga and cultivate a felt sense of the quality of life force through each chakra.

Course Number: CNST625E

Unit: 0.5

Program: GRAD Transpersonal Coun