

27th February Jayadhara : Ajna Chakra : Practices for Awakening Intuition

The chakras (energy vortices) are described by the ancient sages as providing a means of fully understanding ourselves as human beings.

Ajna chakra is known as the third eye and is the centre of our intuition.

During this day we will be using asana, pranayama, mudra and Yoga Nidra, as well as specific meditation techniques, to stimulate the energy of this centre.

Energising Ajna chakra brings refinement of the mind and leads to a better understanding of ourselves and our lives.

Through Ajna Chakra we can develop intuitive insight and clarity in all aspects of our lives.

It can lead us to the place of 'just knowing'.

One technique we will explore during the day is *Trataka* (concentrated gazing). This is a powerful practice which works to relieve nervous tension, anxiety, depression and insomnia.

For this practice of Trataka it would be helpful if you can bring a tall candlestick with a candle if you have one.

Jayadhara (Jane Cluley) has been teaching yoga since 1988 and holds an MA in yoga philosophy.

She is a Diploma Course Tutor (yoga teacher trainer) for the British Wheel of Yoga and also teaches various courses including the BWY Foundation course.

Her teaching draws on the wisdom of the Satyananda Yoga tradition and she regularly returns to Satyananda ashrams in India to continue her studies.

This will be a very interesting and informative day of Yoga with a tutor who has a wealth of knowledge and a talent for expressing her teaching clearly and enjoyably.