



## **Sahaja Yoga Beginners Course Overview**

### **Week 1: Introduction**

*Self Realization meditation & introduction Sahaja Yoga meditation*

Get introduced to Sahaja Yoga meditation with a simple technique that helps you get in a state of thoughtless awareness.

### **Week 2: Balancing**

*Evening on the energy centers (chakras) and our subtle system*

Life is all about balance, this week we introduce you to the two balancing forces within us.

### **Week 3: Love**

*Fear, love and the fourth energy centre (our heart)*

The most important quality we have within, love. How do we open our hearts and practice this quality of love?

### **Week 4: Satisfaction & Inner Peace**

*Satisfaction, peace and our third energy center (Nabhi)*

Peace is often spoken of as an abstract form between two countries, cities and people. But did you know that peace is a quality that we have within?

### **Week 5: The Superego**

*Deep presentation on the Superego*

The superego is less familiar in our society. Learn more about the Superego, where does it come from and how does it take us away from the present moment? And how it makes us addicted to negative emotional states, without our knowing.

### **Week 6: The ego**

*Deep presentation on the Ego*

You can't begin to love yourself unless you know who you are separate from your ego. Take a deep dive in the many forms of the ego and learn how to recognize it in your own life.

## **Week 7: Communication & Expression**

*Communication, expression and our fifth energy center (Vishuddhi)*

Learn how to use your expressions and connect to the ones around you.

## **Week 8: Void**

*The center of self-mastery*

In this session we will explore what it means to be our own masters and cross the 'ocean of illusion' by becoming our own masters.

## **Week 9: The energy within**

*Presentation on the universal energy we're all born with; the kundalini*

Within us lies an energy that is like our Mother, it knows us, takes care of us and nurtures us. Discover more about the ancient scriptures describing this universal energy and how to awaken it.

## **Week 10: Joy**

*Joy and awakened doing*

When we're truly in the present moment we're in a state of thoughtless awareness. In the perfect joy of the now. In this final evening we conclude with an evening on the quality of our Spirit; JOY.

## **Week 11: Creativity**

*Creativity, attention and our second energy center (Swadisthana)*

Many artists, musicians, dancers and creative souls know that bringing something new into the world spontaneously lets you enjoy the present moment.

## **Week 12: Innocence & Wisdom**

*Talk about innocence, wisdom and our first energy center (Mooladhara)*

Innocence and wisdom are qualities that never disappear, we always have them inside of us. They simply get covered up with things along the way. How do we get back to our inner wisdom and innocence we're born with?