

Journaling/Yoga/Meditation (JYM) Course

Winter 2024

This JYM course is a workout for your body, mind, and spirit, centred around calm, rejuvenation, and transformation. Each week, we will move through a new chakra and related theme through journaling, yoga, meditation, and chanting. Of all the journeys in life, going inward is one of the most important, as we bring ourselves everywhere we go.

<i>Dates</i>	<i>Chakras</i>	<i>Themes</i>	<i>Bija Mantras</i>
January 16	Root (red) <i>muladhara</i>	Body and Breath, Stability, Grounding (I have)	LAM
January 23	Sacral (orange) <i>svadisthana</i>	Honour Body, Pleasure and Creativity (I feel)	VAM
January 30	Solar Plexus (yellow) <i>manipura</i>	Personal Power, Release Limiting Beliefs (I can)	RAM
February 6	Heart (green) <i>anahata</i>	Compassion, Wholeness, Healing (I love)	YAM
February 13	Throat (blue) <i>visuddha</i>	Express Emotions (I speak)	HAM
February 20	3rd Eye (indigo) <i>ajna</i>	Intuition/Insight (I see)	AUM
February 27	Crown (violet) <i>sahasrara</i>	Integration/Understanding (I know)	OM

Materials: Water bottle, small pillow/blanket, journal, pen/pencil

Create a special journaling/yoga/meditation space in your home where you feel at ease

Class Structure:

1. Grounding meditation
2. Gentle yoga flow with asanas connected to each week's chakra focus
3. Journaling prompt
4. Meditation
5. Journaling prompt
6. Closing Circle