



HH 505: Chakra – Energy Healing

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1 Course Credit

In this course, students will begin this journey by studying the 7 Major Chakras in our body. Exploring the causes of blockages, hyperactivities and their effects on us. Students will learn how Essential Oils and Foods benefit the Chakra, learn about the maintenance and balancing of our Chakras by uses of Yoga. Moreover, students will challenge their own perceptions about the causes of illness and what it takes to heal.

Armed with this understanding, students will begin to interact with the energetic system of the body to understand how to read, interpret, and heal illness.

Course Objective:

Students will learn the basic principles of the Energetic Anatomy System of the human body Students will learn the seven basic chakras, plus an overview of the Eight Chakra

Root Chakra

Sex Chakra

Solar Plexus

Heart Chakra

Throat Chakra

Third Eye Chakra

Crown Chakra

Essential Oils for each Chakra

Beneficial Foods for each Chakra

Yoga Poses

Students will learn the symbolic meaning and lesson of each of these chakras

Students will learn how each of these energy systems and the related symbolic lessons relate to the creation of perfect health and relate these powers to their own life



Grading Scale:

Grades are assigned as follows, based on percentages:

90-100 = A

80-89 = B

70-79 = C

60-69 = D

0-59 = F

Timeline:

Students have twelve weeks to complete this course.

Enroll and purchase:

Course includes certification payment via PayPal and the Home Study link will be emailed to you. Please ensure you give your corresponding email address, if different from PayPal Account.

To Enroll and Purchase this Home Study Course return to: [Aumvedas Academy](#)