

ASSOCIATION AYURVEDA ACADEMY

(London, UK) • Certified Training Programme

proudly presents

SHATCHAKRA DARŚANA

Exploring the Yogic Vision of the Subtle Body

25 HOURS • 13 MODULES • CERTIFIED PROGRAMME

Delivered Online • Open to Qualified Ayurvedic Practitioners, Yoga Therapists, Students & Scholars

LEAD FACULTY

Dr. Harshitha K S

Ayurveda Physician

OFFERED BY

ASSOCIATION AYURVEDA ACADEMY

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“As the coiled Shakti awakens, she illumines every lotus of the subtle body — from root to crown.”



The Vision: Why Shatchakras?

Within the luminous architecture of the Vedic and Tantric sciences, the human being is understood not as a single physical body but as a graded continuum of ever-subtler sheaths. Beneath the visible Sthula Sharira (gross body) lies the Sukshma Sharira (subtle body) — a living network of Nadis (channels), Pranas (vital airs) and Chakras (wheels of concentrated consciousness and energy) through which the intelligence of life organises and sustains the physical form.

The Shatchakras — Muladhara, Svadhisthana, Manipura, Anahata, Vishuddha and Ajna, crowned by the transcendent Sahasrara — are the master junctions of this subtle anatomy. Described with precision in classical texts such as the Shat-Chakra-Nirupana of Purnananda, the Gheranda Samhita, the Shiva Samhita and the Hatha Yoga Pradipika, each Chakra is a vortex where a Tattva (element), a Bija mantra (seed sound), a presiding Devata and a specific range of psychophysiological functions converge.

For the Ayurvedic physician this map is no abstraction. The same Panchamahabhuta that compose the cosmos and the Tridosha also structure the Chakras: Prithvi at Muladhara, Apas at Svadhisthana, Agni at Manipura, Vayu at Anahata, Akasha at Vishuddha. The digestive fire cultivated as Agni is the fire of Manipura; the Ojas that guards immunity, the Prana that drives respiration, the Manas that must be steadied in every chronic illness — all have their seats and channels within this subtle system. To read the Chakras is to read health and disease at their root.

Kundalini — the coiled Shakti resting at Muladhara — is the presiding power of this entire field. As she is awakened, purified and guided upward through Sushumna, piercing the three Granthis (Brahma, Vishnu and Rudra knots), she illumines each lotus in turn, restoring balance to body, breath and mind and, ultimately, opening the path to the highest states of consciousness.

It is in response to the growing global interest in the authentic, text-based study of the subtle body — beyond the popularised and often distorted versions now in circulation — that Association Ayurveda Academy (London, UK) presents Shatchakra Darśana: a structured, rigorous and clinically oriented short-term course designed for Ayurvedic practitioners, yoga therapists, scholars and advanced students across Europe and beyond.

Course Highlights

- ◆ 25 hours of structured instruction
- ◆ 13 modules delivered live online (twelve of two hours, one of one hour)
- ◆ 13 progressive modules from foundations to clinical application
- ◆ Detailed study of all seven Chakras
- ◆ Integrated Ayurvedic-Yogic-Tantric framework
- ◆ Guided practicals: Bija mantra, Pranayama & meditation
- ◆ Access to recorded sessions for revision
- ◆ Course reader and reference materials included
- ◆ Certificate of Completion from Association Ayurveda Academy

Who Should Attend

- ◆ Qualified Ayurvedic physicians (BAMS, MD Ayu, equivalent)
- ◆ Ayurvedic students in their final years of study
- ◆ Yoga teachers and yoga therapists
- ◆ Naturopaths and integrative medicine practitioners
- ◆ Wellness professionals with foundational Ayurvedic or yogic training
- ◆ Vedic scholars and sadhakas interested in the subtle body
- ◆ Meditation and mantra practitioners seeking classical grounding

Language of Instruction

English. Sanskrit terminology used throughout, with transliteration and translation.

Programme Structure Overview

The Shatchakra Darśana course unfolds across thirteen progressive modules, each building systematically on the last — moving from the structure of the human energy system, through the Nadis, Prana and a detailed study of every Chakra from Muladhara to Sahasrara, into the untying of the three Granthis, disease prevention and a complete guided meditation.

Module	Topic	Duration
1	Structure of the Human Energy System	2 hours
2	Nadis, Kundalini and Chakras	2 hours
3	The Amazing Prana & the Polarity Principle	2 hours
4	Muladhara Chakra - Root	2 hours
5	Swadhisthana Chakra - Sacral	2 hours
6	Manipura Chakra - Navel	2 hours
7	Anahata Chakra - Heart	2 hours
8	Vishuddha Chakra - Throat	2 hours
9	Ajna Chakra - Third Eye	2 hours
10	Sahasrara Chakra - Crown	2 hours
11	Untying the Three Granthis (Knots)	2 hours
12	Shatchakras & Disease Prevention	2 hours
13	Shatchakra Meditation Session	1 hour
Total Course Duration		25 hours

Learning Outcomes

Upon successful completion of the Shatchakra Darśana course, participants will be able to:

- ◆ Explain the Samkhyā-Tantric model of the subtle body (Sukshma Sharira), the Panchakoshas, and their relation to Ayurvedic physiology

- ◆ Describe the Nadi system (Ida, Pingala, Sushumna) and the movement of the Pancha Prana Vayus through the Chakras
- ◆ Identify, for each of the seven Chakras, its location, Tattva, Bija mantra, petals, presiding Devata and psychophysiological functions
- ◆ Correlate each Chakra with the relevant Doshas, Dhatus, Marma regions and organ/plexus systems within an integrative clinical framework
- ◆ Recognise the signs of Chakra imbalance and relate them to patterns of physical and manasika (psychological) disorder
- ◆ Apply appropriate Asana, Pranayama, Bandha and Mudra to balance specific Chakras, with due attention to safety and contraindications
- ◆ Employ Bija mantra, Nada and meditative visualisation as therapeutic and sadhana tools
- ◆ Design integrated Ayurveda-Yoga protocols for common conditions, within a clear scope of practice and ethical boundaries
- ◆ Understand the process, safeguards and cautions surrounding Kundalini awakening

Detailed Module Syllabus

Each module combines didactic teaching, visual learning, Sanskrit-text references and, where applicable, guided practicals. Modules are delivered live online, one per week. *Provisional timings: 1700-1900 hrs (UK) • 2130-2330 hrs (IST). Exact dates and timings are confirmed on enrolment.*

Module	Topic	Key Topics Covered
1 2 hrs	Structure of the Human Energy System	The three bodies (Sthula, Sukshma, Karana Sharira) and the five sheaths (Pancha Kosha); the subtle body as a living network of Nadis, Pranas and Chakras; scope and history of Chakra Vidya; the primary classical sources - Shat-Chakra-Nirupana, Gheranda Samhita, Shiva Samhita, Hatha Yoga Pradipika; dispelling popular misconceptions
2 2 hrs	Nadis, Kundalini and Chakras	The 72,000 Nadis and the three principal channels - Ida (lunar), Pingala (solar) and Sushumna (central); Kundalini Shakti coiled at Muladhara and her ascent through Sushumna; how the Nadis and Chakras interrelate; correspondence with the Ayurvedic Srotas; Nadi Shodhana and purification of the channels
3 2 hrs	The Amazing Prana & the Polarity Principle	Prana as the universal life-force; the five Vayus - Prana, Apana, Samana, Udana, Vyana - and the five Upapranas, with their seats, directions and functions; the solar-lunar (Surya/Chandra, Pingala/Ida) polarity and its balancing; how Prana movement governs Chakra activity; disturbed Vayu and disease
4 2 hrs	Muladhara Chakra - Root	Location (base of spine/perineum); Element Prithvi (Earth); four petals; Bija LAM; Devata Brahma & Shakti Dakini; yellow square Yantra; governance of stability, elimination (Apana) and skeletal grounding; signs of imbalance and grounding practices
5 2 hrs	Swadhisthana Chakra - Sacral	Location (sacrum/genital region); Element Apas (Water); six petals; Bija VAM; Devata Vishnu & Shakti Rakini; crescent Yantra; governance of fluids, Rasa and Shukra, reproduction, emotion and desire; imbalance patterns and balancing practices
6 2 hrs	Manipura Chakra - Navel	Location (navel/solar plexus); Element Agni (Fire); ten petals; Bija RAM; Devata Rudra & Shakti Lakini; red triangle Yantra; seat of Agni, digestion, metabolism, will (Iccha Shakti) and Tejas - the physician's chakra of special interest
7 2 hrs	Anahata Chakra - Heart	Location (heart); Element Vayu (Air); twelve petals; Bija YAM; Devata Isha & Shakti Kakini; the interlaced Shatkona Yantra; governance of Prana, respiration, circulation and the emotional heart (love, compassion, grief); Hridaya as a seat of consciousness
8 2 hrs	Vishuddha Chakra - Throat	Location (throat); Element Akasha (Ether/Space); sixteen petals; Bija HAM; Devata Sadashiva & Shakti Shakini; Udana Vayu; governance of speech, hearing and the thyroid region; purification (Vishuddha means 'especially pure'); imbalance and practices
9 2 hrs	Ajna Chakra - Third Eye	Location (between the eyebrows); the two-petalled lotus where Ida and Pingala meet; Bija OM (Pranava); Devata Paramashiva & Shakti Hakini; seat of Manas, intuition and insight and of the guru's command; the convergence of the three Nadis (Triveni)
10 2 hrs	Sahasrara Chakra - Crown	The thousand-petalled lotus at the crown; beyond the five elements; the union of Shiva and Shakti; Bindu and Nada; Samadhi and the transcendent goal of the whole system; how the crown relates back to embodied health and equanimity
11 2 hrs	Untying the Three Granthis - Removing Obstacles to Cosmic Consciousness	The three Granthis - Brahma (Muladhara), Vishnu (Anahata) and Rudra (Ajna) - how each knot binds consciousness and how it is pierced; the obstacles on the path; the stages, signs, safeguards and cautions of awakening; the role of preparation, purification and guidance

Module	Topic	Key Topics Covered
12 2 hrs	Shatchakras & Disease Prevention	How disturbance at the level of Prana, Nadi and Chakra precedes and accompanies manifest disease; physical and manasika signs of imbalance at each Chakra; mapping the Chakras to Tridosha, Agni, Dhatu, Marma and the plexus/endocrine systems; an integrative preventive approach through Ahara, Vihara, Asana, Pranayama and Mantra; when to refer and treat conventionally
13 1 hr	Shatchakra Meditation Session	A complete guided practice - grounding, purification of the Nadis and the ascent of awareness through each Chakra with its Bija mantra; visualisation of the lotuses, colours and Yantras; Ajapa Japa and inner sound (Nada); integration into a personal daily protocol; safe closing and grounding

Faculty Profile

Dr. Harshitha K S

Ayurveda Physician

Dr. Harshitha K S is an Ayurveda physician with a deep interest in the classical science of the subtle body and its integration into contemporary Ayurvedic and yogic practice. Her work bridges Kayachikitsa (clinical Ayurveda) with the study of the Nadis, Pranas and Chakras as described in the Tantric and Hatha-Yogic texts, applied within a clear clinical and ethical framework.

Her clinical and academic interests include:

- ◆ Kayachikitsa (Ayurvedic internal medicine)
- ◆ NAFLD (Non-Alcoholic Fatty Liver Disease) management
- ◆ Ayurgenomics (integration of Ayurveda and genomics)
- ◆ Integration of Chakra Vidya and Yoga therapy into Ayurvedic assessment
- ◆ Manasika (mental) health and mind-body practice

Assessment & Certification

Assessment Components

- ◆ One integrated written assignment (a Chakra-based case reflection) submitted after Module 12
- ◆ Attendance requirement: minimum 80% of live sessions
- ◆ Final-session participation (case reflection or Q&A)

Certificate of Completion

Participants who fulfil the attendance and submission requirements will receive a Certificate of Completion issued by Association Ayurveda Academy (London, UK). The course is led and certified by Dr. Harshitha K S, Lead Faculty. The certificate is suitable for professional-development records.

Enroll Now — Begin Your Journey Through the Subtle Body

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