Chaitanya Yoga
expression of your creative energy...

Stories | Poetry
Agricultural activities

Creativity is an integral part of our ability to live a purposeful life. The arts are a powerful catalyst in self-growth.

Crafts | Tai - Chi | Animal husbandry etc...

A crab and its mother lived beside the sea. The mother was an exceptionally "crabby" crab – She would carp and criticize and find fault with everything the poor little crab did. "You can't do anything right; you are a worthless little crab," she would constantly tell the baby crab. The poor crab would cry silently but never argue with its mother.

One day the mother said, "Look at you! You can't even walk straight. See the way you scuttle sideways and the awful way you drag your claws across the rocks. How awkward and ungainly it looks!"
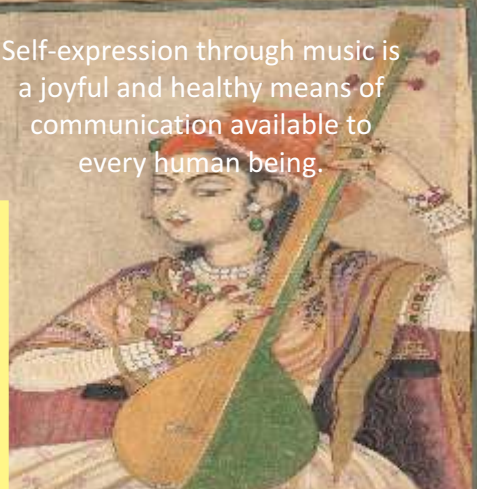
The baby crab burst into tears and said, "Mother, show me how to walk straight and I will do it."

Self-expression through music is a joyful and healthy means of communication available to every human being.

Ignite your creative Energy...

Drama

Feel your body, listen to the sound, look at the things as if you have never seen them before. Move your body - get into the way it feels. Notice your body response...

With clay in your hand, breath in your nose and music in your ears connect yourself into your emotion. Allow it to surface without censoring. Experience the move in you and release into the clay...

Colours

Sometimes we are blind to our own faults. We can become impervious to that which is intrinsic to us, but seems so glaring an omission in another. The need is for inner growth...

Clear the blocks of complex, fear, anxiety, low self-image and shame to be your best creative-self. Excel with a deep sense of joy, calm and peacefulness.

Sleep that awakens...

ANUGRAHA
LIVING VALUES

Ignite

your creative Energy...

Chaitanya Yoga combines relaxation with dancing and movement, enhancing the connection of mind, body and awareness, and encouraging self - expression and creativity. *Chaitanya Yoga* is "creativity in motion" or "self - growth in motion", and an opportunity to let go of stress, practice mindfulness, and cultivate a healthy attitude and self-image, as well as healthy relationships.

The wakeful movement of body, breath and thoughts is a fantastic technique for increasing body awareness, healing, internal and external fitness and most importantly, having wakeful fun! This programme includes a guided meditation, followed by warming-up yogic movements and practising breathing exercises. As the routine warms up, so does the music, which builds up to a playful and energetic pace. Presently, the ambience so created lifts everyone into a state where you will be floating with agility and flexibility. Sound, light, touch, smell, and taste are chosen to build up energy and guide everyone through their own individual journey of self - exploration.

Chaitanya Yoga can be particularly beneficial for people who habitually fail to express their emotions, are not in touch with their creative side, or those who feel self - conscious in expressing themselves, making it an ideal technique to enhance a healthy self - image. In *Chaitanya Yoga* there are no comparisons, as everyone starts from the same place and there is no pressure to look or feel like anyone else. Some people may be nervous to start with, but even the shy and timid ones slowly begin to fully enjoy the freedom to move the body just as they wish, and spontaneously respond to the sound. They feel the group energy is a great support, since no one is showing off, and everyone is simply doing whatever their body needs to at that moment.

learning by moving beyond, growing by expressing beyond limits ...

Chaitanya Yoga can be enjoyed as part of the self - growth initiative at Anugraha Learning and Research Foundation. The smiling faces of all the participants remind us that personal growth doesn't always have to be hard work. You can push yourself and explore the boundaries of your comfort zone in a fun and enjoyable way.