



Analysis of my Psyche through the Chakras

Understand myself better.
Find my balance.
Unlock my potential.



Seven energy centres.
A clearer view of my psyche.
A path to more balance.

WHAT IS CHAKRA ANALYSIS ?



A profound approach that uses the traditional model of the seven chakras to better understand my thoughts, emotions, behaviours and life patterns. The analysis helps me identify my strengths, blockages and needs, so I can develop a more balanced and authentic life.

HOW DOES IT WORK ?



Through a detailed questionnaire, a personal evaluation conversation and an individual analysis, we explore each chakra and its influence on my psyche, my emotions, my relationships and my overall well-being. I receive clear explanations and practical recommendations to support my personal journey.

THE SEVEN CHAKRAS AND THEIR INFLUENCE



Crown Chakra – meaning of life, spirituality, connection



Third Eye Chakra – intuition, mental clarity, inner vision



Throat Chakra – communication, authentic expression



Heart Chakra – love, relationships, compassion



Solar Plexus Chakra – self-esteem, willpower, self-determination



Sacral Chakra – emotions, creativity, joy of life



Root Chakra – security, stability, self-confidence

FOR WHOM ?



Anyone who wants to know themselves better and grow personally



People in a phase of change or transition



People facing emotional blockages or low self-confidence



Professionals (therapists, coaches, teachers, etc.)



Anyone who wants more balance, clarity and meaning in their life



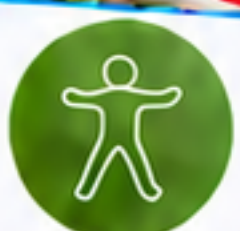
UNDERSTANDING

Get to know myself better through a deeper analysis of my psyche.



TRANSFORMATION

Identify and release emotional blockages through self-awareness (Svadyaya).



PRACTICAL TOOLS

Concrete recommendations for everyday life, my relationships and well-being.



BALANCE

More clarity, self-confidence and a higher quality of life.



OUR FORMATS



COMPLETE ANALYSIS

Detailed questionnaire and personal evaluation interview with individual analysis.



SHORT COURSES

Each topic in depth, flexible and practice-oriented.



SEMINARS

An intensive experience (4 hours + 1 hour yoga) for body and mind.



INDIVIDUAL SUPPORT

Personalised guidance tailored to your needs and goals.



OUR METHODOLOGY

- ✓ Svadyaya – self-awareness
- ✓ Samkhya – philosophy and psychology
- ✓ Integral chakra psychology
- ✓ Breathwork, meditation and mindfulness
- ✓ Bodywork and posture correction
- ✓ Modern science and psychology



In-depth knowledge



Practice-oriented and directly applicable



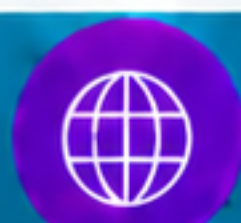
A holistic approach: body, mind and relationships



For greater well-being, self-confidence and a more fulfilling life.



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LEARN MORE & SIGN UP

www.mental-health.yoga

