



# Movement through the Chakras

## How to Earn Your Home Study Course CEC's

### Included in this home study is

- Dancing with Divinity Yoga DVD
- Reiki Affirmation Dance DVD
- DVD Home Study Workbook
- Movement through the Chakras 25 Question multiple choice exam-70% correct to pass

### Criteria for successful completion of this course include:

- Study and work through the course materials:
  - View the DVDs in their entirety before continuing the workbook
  - Physically participate with the DVDs in their entirety (Ideally, participate in each DVD a minimum of three times)
  - Complete the activities in the workbook (does not need to be submitted to NETA)
- Answer the 25 question test using the answer sheet (keep a copy for your files)
- Exam may also be taken online at [www.netafit.org](http://www.netafit.org)

It is recommended that you follow the above four steps sequentially. To receive 4 NETA continuing education credits:

**To receive 4 NETA continuing education credits return your completed answer sheet and worksheets to:**

NETA  
Attn: Home Study Coordinator  
5955 Golden Valley Road, Suite 240  
Minneapolis, MN 55422

<b>Item #: 9147</b>
<b>Exam Code # 914791</b>
<b>Serial #: Refer to Home Study Answer Sheet</b>

Your continuing education form will be sent to you within 30 days after we receive your completed answer sheet.



# **Movement through the Chakras**

## **Dancing with Divinity Yoga & Reiki Affirmation Dance DVD Home Study Course**

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[www.dayawati.com](http://www.dayawati.com)

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## Table of Contents

Table of Contents .....	4
About the Course.....	5
About the Author.....	5
Reiki Affirmation Dance DVD .....	6
Introduction.....	6
Chakra Chart .....	6
Diagram .....	7
Chakra One – Root Chakra .....	7
Chakra Two – Sacral Chakra.....	8
Chakra Three – Solar Plexus Chakra .....	8
Chakra Four – Heart Chakra .....	9
Chakra Five – Throat Chakra .....	9
Chakra Six – Brow Chakra .....	10
Chakra Seven – Crown Chakra .....	10
Dancing with Divinity Yoga DVD .....	11
Introduction.....	11
Chakra One – Root Chakra .....	12
Chakra Two – Sacral Chakra.....	13
Chakra Three – Solar Plexus Chakra .....	14
Chakra Four – Heart Chakra .....	15
Chakra Five – Throat Chakra .....	17
Chakra Six – Brow Chakra .....	18
Chakra Seven – Crown Chakra .....	19
It's Your Turn.....	20
About you.....	20
For your students... ..	22
Answer Key .....	25
Reiki Affirmation Dance DVD.....	25
Dancing with Divinity DVD .....	26
Movement through the Chakras Exam .....	28
Movement through the Chakras Home Study Answer Sheet .....	32
Movement through the Chakras Home Study Evaluation.....	33

# **Dancing with Divinity Yoga & Reiki Affirmation Dance DVD Home Study Course!**

## ***About the Course***

This course is self-guided and may be completed in four or more hours. Upon successful completion of the course, you will receive four NETA continuing education credit hours. Each activity in this workbook is designed to help you better comprehend the material. They are also designed to assist you in teaching yoga, the chakras and positive affirmations to your students and clients. Keep these activities for your personal reference.

## ***About the Author***

Deanna Reiter, M.A. is an expert in the world of positive thinking and releasing sabotage. She is the author of *Dancing with Divinity: Positive Affirmations for any Situation* and *The Nine Scoundrels: How to Recognize and Release Subtle Patterns of Sabotage*. She has been a Master Trainer for NETA since 2005. Deanna is a Certified Yoga and Pilates Instructor, Personal Trainer, Rebirthing Breathworker and Reiki Practitioner. For more information, please contact Deanna through her website: [www.dayawati.com](http://www.dayawati.com).



# Reiki Affirmation Dance DVD

## *Introduction*

Fill in the blank.

The elements combined in Reiki Affirmation Dance include 1)\_\_\_\_\_, 2)\_\_\_\_\_, 3)\_\_\_\_\_ and the 4)\_\_\_\_\_. Reiki is an 5)\_\_\_\_\_ that brings balance and 6)\_\_\_\_\_, 7)\_\_\_\_\_, 8)\_\_\_\_\_ and 9)\_\_\_\_\_.

Affirmations are 10)\_\_\_\_\_ statements said in 11)\_\_\_\_\_ to lay the foundation in the mind to manifest your 12)\_\_\_\_\_. Chakras are 13)\_\_\_\_\_ in the body.

This movement is an opportunity to bridge what you see or hear into what you can 14)\_\_\_\_\_ inside yourself. Reiki Affirmation Dance is a great way to be more balanced and energy by 15)\_\_\_\_\_ the body, 16)\_\_\_\_\_ the mind and 17)\_\_\_\_\_ the spirit.

## *Chakra Chart*

Complete the Chakra Chart by filling in the color associated with each chakra, the name of each chakra and the life issues involved with each chakra. The first one is completed as an example.

Chakra # & Color	Chakra name	Core issues
1= <b>red</b>	Root	<b>Acceptance</b>
2=	Sacral	
3=	Solar plexus	
4=	Heart	
5=	Throat	
6=	Brow	
7=	Crown	

## ***Diagram***

Draw a person below and color the seven energy centers (chakras) in the body using markers, pencils or crayons.

### ***Chakra One – Root Chakra***

1.What are some affirmations used in this chakra?

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2. What is one unique characteristic in these dances that emphasizes the key components of the root chakra?

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