

The poster has a light blue background. At the top, the title 'THE PLANETS & THE CHAKRAS' is written in a purple, stylized font, with a small orange planet icon between the words. The title is arched over a large black circle containing a starry night sky. Below this, two circular images are shown: on the left, a woman in a red patterned dress performing a yoga pose with her hands in a prayer position above her head; on the right, a lighthouse on a rocky shore at night with a bright beam of light. The background also features faint purple sunburst patterns. The 'Premia Kriza Yoga' logo, which includes a yellow Om symbol inside a blue circular frame, is placed in the four corners. At the bottom, text in purple and black provides course details and contact information.

*Planets and Chakras according to Jyotish (Vedic Astrology)*

20-hour online course  
8 modules

*Theory and practice of yoga & meditation*

info with Raquel Bhavani whatsapp + 34 658213100  
[www.premakriyayoga.com](http://www.premakriyayoga.com)



**Prema Kriya Yoga**  
**course: the planets and the chakras**  
*(according to Jyotish, Vedic astrology)*

**detailed program**

**1. Sunday, September 27th**

9:00 - 10:30 - Introduction to Vedic astrology – and a presentation of the 9 planets (Navagraha) and the 12 zodiac signs (Rashi).

10:30 - 12:00 - Kundalini yoga practice, mantras, and balancing meditation for the planets and constellations.

**2. Sunday October 11th**

9:00 - 10:30 - Theory regarding Saturn (Śani)—discipline and commitment—and its signs: Makara (Capricorn, feminine polarity) and Kumbha (Aquarius, masculine polarity).

10:30 - 12:00 Kundalini Yoga practice, mantras, and meditation for Saturn.



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**3. Sunday October 25th**

9:00 - 10:30 - Theory on Jupiter (Bṛhaspati or Guru) – fluidity, blessings, and grace.  
Mīna: Pisces – feminine polarity; Dhanus: Sagittarius – masculine polarity.

10:30 - 12:00 – Kundalini Yoga practice, mantras, and meditation for Jupiter.

**4. Sunday, November 8th**

9:00 - 10:30 - Theory on Mars (Maṅgala) – determination and strength.  
Vṛścika: Scorpio – feminine polarity; Meṣa: Aries – masculine polarity.

10:30 - 12:00 – Kundalini Yoga practice, mantras, and meditation for Mars.

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**5. Sunday, Nov 22**

9:00 – 10:30 – Theory on Venus (Śukra) – love and beauty  
Vṛṣabha: Taurus – feminine polarity, and Tulā: Libra –  
masculine polarity

10:30 – 12:00 – Kundalini yoga practice, mantras, and  
meditation for Venus.

**6. Sunday, Dec 20**

9:00 – 10:30 – Theory on Mercury (Budha) – intelligence and  
creativity  
Kanyā: Virgo – feminine polarity, and Mithuna: Gemini –  
masculine polarity

10:30 – 12:00 – Kundalini yoga practice, mantras, and  
meditation for Mercury.



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**7. Sunday, Jan 10**

9:00 - 10:30 - *Theory on the Moon (Chandra): emotion, intuition, and introspection (Karka: Cancer – feminine polarity) and on the Sun (Sūrya): brightness, radiance, and regal confidence (Siṃha: Leo – masculine polarity).*

10:30 - 12:00 - *Kundalini yoga practice, mantras, and meditation for the Sun and the Moon.*

**8. Sunday, Jan 24**

9:00 - 10:30 - *Chhaya Grahas or shadow planets: Rahu (North Node – Dragon's Head – feminine aspect) and Ketu (South Node – Dragon's Tail – neutral aspect).*

10:30 - 12:00 - *Kundalini yoga practice, mantras, and meditation for Rahu and Ketu.*



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**The fee is €350.**

The fee covers the entire theoretical and practical course (over 20 hours), course materials, lifetime access to private YouTube recordings, and an internationally recognized Yoga Alliance diploma.

To register, please make a bank transfer to Raquel Fischer Barros.

**Iban IT32G 02008 01422 0001 0384 0080**  
**OR**  
**by PayPal, email: [premakriyayoga.com@gmail.com](mailto:premakriyayoga.com@gmail.com)**

After making the payment, please kindly confirm by WhatsApp at +34 658213100.



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*Contemplate space, aware of a multicolored radiance that pervades everything... The blue sky, filled with the sun's rays.*

*The night sky—dark, yet streaked with the light of a billion stars. How can this be?*

*Space is one: within you and in the vastness.*

*Lose yourself in this vastness; return home to your true Self.*

***Vijnana Bhairava Tantra***

*“Through meditation and the spiritual life, you can harmonize the twelve centers of the spine with the signs of the zodiac, making your life a reflection of the Divine Light.”*

***Paramhansa Yogananda***

*I await you with love—\*prema\*—for this luminous journey into the Divine Universe.*

***namaste, Jay Guru  
Raquel Bhavani***



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