



Charlotte Skogsberg: Yoga Psychology



Charlotte Skogsberg teaches yoga with an east-meets-west perspective to self knowledge. She approaches the physical, mental and emotional bodies from this holistic viewpoint throughout yoga classes, self development courses and private consultations. Find out how yoga psychology and how understanding the body-mind connection can lead us to lead a more grounded peaceful life.

TOP EMBODIMENT TIP: Take time every day to scan yourself physically, mentally and emotionally.

Psychology of the Chakras:

- The seven main chakras are situated along the spine starting all the way down by the base of the spine.
- **A sitting down meditation clears the energy channels and allows for energy to flow freely through the chakras.**
- Our root chakra is what is developed as we come into this world, in our first year in life. It's our connection to the earth and this grounded feeling is what we create in yogic practices.
- In a modern psychotherapeutic perspective, we started to develop our instinct of survival and our feeling of safety in the first year of our life.
- A well functioning chakra will allow for the energy to flow through, or send it out, whilst a malfunctioning one would either be overly active or blocked.
- **Everything that happens from zero to about seven years old, we will take very personally and can give rise to deeply rooted scars.**

The Power of Meditation:

- Meditation is a therapeutic tool because **when we are sitting down and we are functioning with the nervous system in that relaxed mode that would be the opposite mode of the fear response.**
- Meditation helps us to have control over the fear response and be in the here and now.
- **It activates the rest and digest mode and allows my body systems to function properly.**
- The asana practice calms us down and slows down the breath, so that eventually we can feel calm enough to sit down and train our nervous system to stay in that mode.
- Bring into your own practice, an intention and have a daily morning practice.

Opening up to Vulnerability:

- **Being vulnerable in our society means risking to be open and therefore blocking off, creating a manipulated side of ourselves,** which sounds very negative. It is our way of surviving.
- Allow yourself to see the vulnerability and let other people into the vulnerable part of yourself.

Resources:

- ❖ **Social:** Instagram: [@yogicha](https://www.instagram.com/yogicha)



Charlotte Skogsberg





All Yoga Presentations are Proudly Sponsored by Leslie Kaminoff, YogaAnatomy.net

YOGAAnatomy.net



Leslie Kaminoff, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and

YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.