

Chakra Meditation Session 2014 Calendar

Week	Date	Thursday	Date	Sunday
Week 1	2-Jan-14	Solar Plexus	5-Jan-14	Solar Plexus
Week 2	9-Jan-14	Solar Plexus	12-Jan-14	Solar Plexus
Week 3	16-Jan-14	Sri Chakra Pooja	19-Jan-14	Solar Plexus
Week 4	23-Jan-14	Heart Chakra	26-Jan-14	Heart Chakra
Week 5	30-Jan-14	Holiday to 7C	2-Feb-14	Holiday to 7C
Week 6	6-Feb-14	Heart Chakra	9-Feb-14	Heart Chakra
Week 7	13-Feb-14	Heart Chakra	16-Feb-14	Heart Chakra
Week 8	20-Feb-14	Throat Chakra	23-Feb-14	Throat Chakra
Week 9	27-Feb-14	Maha Shiva Rathri	2-Mar-14	Third Eye Chakra
Week 10	6-Mar-14	Crown Chakra	9-Mar-14	Crown Chakra
Week 11	13-Mar-14	Sleeping Meditation	16-Mar-14	Sleeping Meditation
Week 12	20-Mar-14	General Meditation	23-Mar-14	General Meditation
Week 13	27-Mar-14	Root Chakra	30-Mar-14	Root Chakra
Week 14	3-Apr-14	Root Chakra	6-Apr-14	Root Chakra
Week 15	10-Apr-14	Root Chakra	13-Apr-14	Root Chakra
Week 16	17-Apr-14	Sacral Chakra	20-Apr-14	Sacral Chakra
Week 17	24-Apr-14	Sacral Chakra	27-Apr-14	Sacral Chakra
Week 18	1-May-14	Power of Now / Sacral Chakra	4-May-14	Sacral Chakra
Week 19	8-May-14	Solar Plexus	11-May-14	Solar Plexus
Week 20	15-May-14	Solar Plexus	18-May-14	Solar Plexus
Week 21	22-May-14	Solar Plexus	25-May-14	Solar Plexus
Week 22	29-May-14	Heart Chakra	1-Jun-14	Heart Chakra
Week 23	5-Jun-14	Heart Chakra	8-Jun-14	Heart Chakra
Week 24	12-Jun-14	Sri Chakra Pooja	15-Jun-14	Heart Chakra
Week 25	19-Jun-14	Throat Chakra	22-Jun-14	Throat Chakra
Week 26	26-Jun-14	Third Eye Chakra	29-Jun-14	Third Eye Chakra
Week 27	3-Jul-14	Crown Chakra	6-Jul-14	Crown Chakra
Week 28	10-Jul-14	Sleeping Meditation	13-Jul-14	Sleeping Meditation
Week 29	17-Jul-14	General Meditation	20-Jul-14	General Meditation
Week 30	24-Jul-14	Root Chakra	27-Jul-14	Root Chakra
Week 31	31-Jul-14	Root Chakra	3-Aug-14	Root Chakra
Week 32	7-Aug-14	Root Chakra	10-Aug-14	Root Chakra
Week 33	14-Aug-14	Sacral Chakra	17-Aug-14	Sacral Chakra
Week 34	21-Aug-14	Sacral Chakra	24-Aug-14	Sacral Chakra

Week 35	28-Aug-14	Sacral Chakra
Week 36	4-Sep-14	Solar Plexus
Week 37	11-Sep-14	Solar Plexus
Week 38	18-Sep-14	Solar Plexus
Week 39	25-Sep-14	Heart Chakra
Week 40	2-Oct-14	Heart Chakra
Week 41	9-Oct-14	Heart Chakra
Week 42	16-Oct-14	Throat Chakra
Week 43	23-Oct-14	Deepawali Holiday
Week 44	30-Oct-14	Crown Chakra
Week 45	6-Nov-14	Sleeping Meditation
Week 46	13-Nov-14	General Meditation
Week 47	20-Nov-14	Root Chakra
Week 48	27-Nov-14	Root Chakra
Week 49	4-Dec-14	Root Chakra
Week 50	11-Dec-14	Sacral Chakra
Week 51	18-Dec-14	Sacral Chakra
Week 52	25-Dec-14	Christmas Holiday

31-Aug-14	Sacral Chakra
7-Sep-14	Solar Plexus
14-Sep-14	Solar Plexus
21-Sep-14	Solar Plexus
28-Sep-14	Heart Chakra
5-Oct-14	Heart Chakra
12-Oct-14	Heart Chakra
19-Oct-14	Throat Chakra
26-Oct-14	Third Eye Chakra
2-Nov-14	Crown Chakra
9-Nov-14	Sleeping Meditation
16-Nov-14	General Meditation
23-Nov-14	Root Chakra
30-Nov-14	Root Chakra
7-Dec-14	Root Chakra
14-Dec-14	Sacral Chakra
21-Dec-14	Sacral Chakra
28-Dec-14	Sacral Chakra