

CELESTIAL CYCLE™

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Cycling has never been such a mind body experience as in *Celestial Cycle*™. This class is set to music featuring instruments, sounds and lyrics that open and balance each of the *Chakras* (energy centers of the body). *Celestial Cycle* centers and exhilarates participants through a mentally focused ride harmonizing mind, body and spirit while increasing cardiovascular conditioning. Proper riding techniques and biomechanics are also reviewed during the class which ends with an active meditation cool down.

Workshop Objectives

1. Use *Celestial Cycle* to incorporate mind/body training into the cycling experience
2. Learn how to use music to create the feel of the class
3. Learn how to use visualization techniques to enhance a mentally focused ride
4. Use *Celestial Cycle* to incorporate active meditation into the cycling class

Class Structure

Celestial Cycle begins off the bike with a basic introduction to the seven *Chakras* (energy centres). Then participants are led through an intense bike ride that specifically focuses on balancing these centers with through the combination of mental focus enhanced by specific music. The instructor guides the class through the bike ride while speaking about each of the *Chakras* during the corresponding song, helping participants open their energy pathways.

Guidelines for Bike Setup and Fitting

Prior to using the bike, participants must properly position themselves in a comfortable alignment to minimize stress on the musculoskeletal system, and maximize the effectiveness of the exercise.

• Saddle Height

1. Hip level when standing next to the bike
2. Knee angle 10-30 degrees with pedal at 6 o'clock position

• Forward or Backward Position of Saddle

1. With the feet parallel to the floor in the 3 and 9 o'clock position, you should be able to see your shoe laces

• Handlebar Height

1. Highest position for new riders

• Pedals

1. Ball of foot in center of pedal
2. Toe clip and strap snug but not tight

Tips for a Safe and Effective Ride

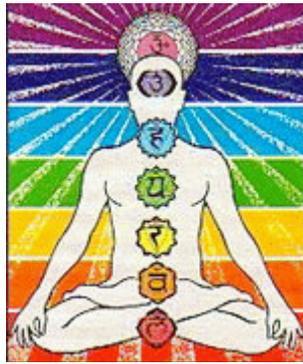
- Sit with a long spine and in a neutral position. Never slouch forward resting on to handlebars with elbows.
- Shoulders should be back and square
- Keep your eye gaze forward lifting the crown of the head upwards
- Wrists should be straight
- Slight bend in the elbows
- Keep feet parallel to the floor
- Pelvis should stay strong and active in the neutral position. Never bounce on the seat while pedaling.
- Knees should have a slight bend and never locked
- Weight should be kept over the saddle in the lift position. Avoid weight bearing with hands and wrists.
- Keep upper body relaxed

Music

Celestial Cycle consists of 8 tracks including 7 main tracks and one meditation track. Each of the 7 main tracks corresponds with one of the Chakras and contains sounds and lyrics that help open and balance the flow of energy associated with that respective Chakra. A pendulum can be held over a particular Chakra to test to see if the sound in that song opens up that Chakra. If the pendulum turns clockwise it's compatible for that song, however, if it turns counterclockwise or doesn't turn at all than that song is not compatible and will close that chakra. It has been shown that songs containing negative lyrics actually close our Chakras, disrupting the flow of energy in our bodies.

Chakras

The word *Chakra* comes from the Sanskrit language, meaning spinning wheel or disk. There are seven (7) main Chakras on the body connecting into the spinal column. There are many minor Chakras over the body. Each Chakra is a different vibration and therefore represented as a different color. The picture below depicts the seven Chakras.



They are energy processing centers, and the Chakra system is our energetic connection to the realm of pure consciousness as well as our spiritual essence. The energetic operations in them are what make every aspect of our bodily, emotional, mental and spiritual life possible.

They are patterns of energy, and are shaped something like funnels or whirlpools of energy. Their vortices lie inside the body, along the spinal cord (which corresponds to a central energy channel) and up into the head (see diagram).



Because the Chakra system is the central processing center for every aspect of our being, blockage or other energetic dysfunction in the Chakras usually gives rise to disorders in the body, mind or spirit. A defect in the energy flow through any given Chakra will result in a defect in the energy provided to certain portions of the physical body, as well as impairment in the entire energy field's ability to process energy—affecting all levels of the being. This is because the energy field is a holistic entity; every part of it affects every other part.

CHAKRAS

Celestial Cycle Instructors must know the key points about each Chakra including the location, color and how to open the Chakra. During the workout, when each Chakra's corresponding song is playing the instructor will share the key points of the Chakra with the class and guide them through opening the Chakra.

The Main Chakras:

1. Base chakra

Location: Base of the spine (coccyx area)

Colour: Red

How to Open:

- this chakra is about your safety and security in the world
- squeeze your glutes together
- visualize roots growing from the base of your spine into the core of the earth
- visualize achieving one of your personal goals, feel the happiness

2. Sacral chakra

Location: Lower abdomen (just below the navel)

Colour: Orange

How to Open:

- This chakra is about sexual energy, confidence and creativity
- Think of a strong sexual desire
- Imagine feeling strong and confident
- Visualize being creative and artistic

3. Solar Plexus chakra

Location: below ribcage (stomach area)

Colour: Yellow

How to Open:

- This chakra is about personal power and self esteem
- Visualize yourself as a strong confident person
- Recognize your worthiness
- Accept and approve of yourself just the way you are

4. Heart chakra

Location: Sternum (centre of the chest)

Colour: Green (also pink)

How to Open:

- This chakra is about all matters of the heart
- Think of someone you love very much
- Visualize what it feels like to do something good for a friend
- Give yourself unconditional love

5. Throat chakra

Location: base of the throat

Colour: Sky blue

How to Open:

- This chakra is about our speech and expression
- Imagine confidently expressing your truth
- Visualize being a centered, happy and expressive person
- Know that it is safe to speak your truth

6. Brow chakra (third eye)

Location: Forehead (centre, just above the eyebrows)

Colour: Dark blue or Indigo

How to Open:

- This chakra is about intuition and psychic powers
- Picture having a window that is open to receive thoughts and visions
- Picture blue light flowing into your forehead
- Visualize having a clear, uncluttered mind

7. Crown chakra

Location: Top of the head

Colour: White and/or Violet

How to Open:

- This chakra is your connection to the universe
- Imagine a funnel at the crown of your head with white light pouring into it
- Imagine yourself being one with everything around you, including people, plants, animals
- Imagine you are drop of water in the ocean

* The three higher chakras relate mainly to our spiritual selves (the third eye being the centre)

* The three lower chakras relate mainly with our human self (the sacral chakra being the centre)

* The Heart chakra is like a mediator between our physical and spiritual selves

Closing Meditation

The class is completed with a Chakra balancing meditation.

Repeat:

Please dress my body in red

Please dress my body in orange

Please dress my body in yellow

Please dress my body in green

Please dress my body in blue

Please dress my body in indigo blue

Please dress my body in violet

Please dress my body in white

Please dress me in a full body armor of silver and gold

Place a band around my third eye in silver and gold

And now seal me all around above and below in liquid mirror

So Mote it Be

Thank you for your interest and participation,

Namaste

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