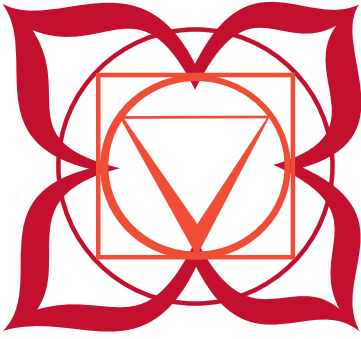


The Practice: Power Vinyasa Flow



Practice Practice Practice ... All is coming
- Sri K. Pattabhi Jois



Chakra One - Root Chakra

Sanskrit Name – Muladhara
Muladhara “root support”
Meditation

The first chakra (root) is correlated with the base of your spine and has an energy connection to the spinal column, rectum, legs, feet and immune system, it has the lowest vibration. The root energy is deep and slow. It is the back beat of the entire chakra network and is the foundation of emotional and mental health. Like lower vertebrae it is the thickest and heaviest structure along the line. The center is dense, strong, stable and grounded. It sits in the base of spine. Muladhara or Root Chakra is associated with the color red. This chakra is the grounding force that allows us to connect to the earth energies along with societal / familial identity to support the formation of self identity. This chakra rules our sense of security. Our basic desire to be nourished at the base level characterizes this center. Work on this center frees up our energy around our basic fears of survival.

Root Chakra Associations

Color - red

Number of Petals - 4

Element - Earth

Physical Location - base of the spine

Sound - Lam

Area of Body Governed - spinal column, kidneys, legs, feet, rectum, immune system

Gland / Sense - Sex Glands / feel, smell

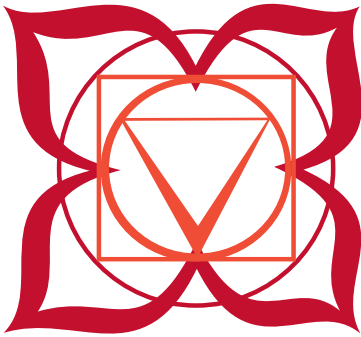
Indications of Blockages - ordinary concerns become grave fears survival, self esteem, social order, security and abandonment fears

Indication of Health - Trusting in nature, life, that we will be taken care of

Key Words - stability, foundation, security, survival

Purposes - kinesthetic feelings, movement

Spiritual Lesson - Familial and material world lessons, sense of belonging to a group.

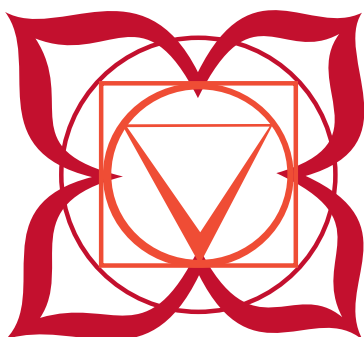


Chakra One Root Chakra

Root Chakra Lessons and Path

Will we have shelter and food? Will our car break down? Will we be able to pay rent? These are questions pertaining to the first chakra. This center links us deeply to the earth. It is therefore solely concerned with our harmonious relationship with issues that directly pertain to our life in the most basic sense. Higher ideas, yearning for love, truth, compassion, emotionality, creative expression and spiritual concerns are simply not relevant here. Basic needs of survival are the only issues that apply to the root. Movement of energy through this center removes these fears.

When we insist on doubting time and time again that our basic needs will be met, the energy in this chakra ceases to flow. The root chakra becomes congested when our ordinary concerns become grave fears. We lose our foundation when we live with mistrust waiting for the carpet to be pulled out from under us. Instead, when we trust that we will be taken care of, the first chakra thrives. When we get out of our own way and learn not to sabotage ourselves, we find the basic necessities of life are always there for us. In essence, we learn to trust nature and trust life. Further we realize there are basic necessities of life and that these must be addressed. It is important to acknowledge that the mundane tasks and duties of day to day life are just as crucial as the ones which may be more glamorous, exciting or seemingly more fulfilling for all choices influence all of life. The root requires attention, patience and persistence. If it is neglected, life literally comes apart at the seams.



Chakra One Root Chakra

Root Chakra Affirmation

I am connected to all of life.

Feeding Your Root Chakra

Grounding Root vegetables: carrots, potatoes, parsnips, radishes, beets, onions, garlic, etc. Protein-rich foods: eggs, meats, beans, tofu, soy products, peanut butter Spices: horseradish, hot paprika, chives, cayenne, pepper
Root Chakra Exercises - Stomping your feet upon the ground, marching, and doing squats.

Root Chakra Yoga Postures

Meditation

Meditation

Our purpose of meditation is to center and get present to the moment we are in. There are many ways and themes of meditation practice, including:
The physical: scan and relax the body.
The breath: focus on the breath moving in and out, without forming or shaping (Zen).
The chakras: working with the energy centers and internal energy flow.
Inspirational: Sharing some theme that is present for you **NOW**.



Chakra Two Sacral Chakra

Sanskrit Name - Swadhisthana
Swadhisthana - “swa” one’s own,
vital force or soul” and adhisthana
meaning “the place of residence”
Integration Series

It's the center of our personal power, creativity, sexuality and finances. This chakra often offers us the opportunity to lessen our “control issues” and find a balance in our lives, teaching us to recognize that acceptance and rejection are not the only options in our relationships. The process of making changes in our life through our personal choices and self acceptance is a product of second chakra energy. It's known as the sex chakra and represents the waters of the womb or the sea of our unconscious. The second chakra relates to our emotional needs, sexuality and self image, all of which can have their driving force stem from unconscious patterns. By seeking the depths of our unconscious, sometimes very murky water, we get to know ourselves & our motivations - to know them is to no longer be controlled by them. We accept ourselves and self love and acceptance can begin.

Sacral Chakra Associations

Color - orange or orange-red

Number of Petals - 6

Element - Water

Physical Location - Sits in Pelvis / reproductive area

Sound - Vam

Area of Body Governed - sexual organs, large intestines, lower vertebrae, pelvis, appendix, bladder, hip area

Gland / Sense - adrenal / tongue

Indications of Blockages - Lower vitality, feelings of inadequacy and insecurity, fear of losing control, lack of intimacy, fear of one on one relationships.

Indication of Health - Enormous capacity for creativity and partnerships with others

Key Words - Desire, enjoyment, creativity, procreation, sensitivity, sensuality, feelings

Purposes - Emotional connection for the joy of it rather than need & codependency



Chakra Two Sacral Chakra

Spiritual Lesson - creativity, manifestation. Honoring relationships, learning to “let go”. To know we have nothing to prove and no void to fill. Content with ourselves yet open to connect with others.

Sacral Chakra Lessons and Path

Are you filled with fear or are you filled with faith?

When energy is flowing through this chakra, we have full self acceptance, allowing us to act from strength and contentment rather than neediness and fear. By a lack of energy moving, the waters of our second chakra are frozen, it truly is like we are frozen with fear, inadequacy and self loathing. This results in control issues, desperation and clinging to others for security. Relationships with self and others become abusive, compulsive, lack boundaries, incomplete and least of all unsatisfying.

We must eliminate our need to control & when out of balance, we see things in black and white, we must open ourselves to surrender our beliefs: as much as we wish things could be as simple as right/wrong, good/bad have got to let go of the judgement. *Though the second chakra energy inclines us to want to control our lives, the lesson is that we can not be in control.* The physical world cannot be controlled so we learn to master our reactions and responses not only to the physical world, but also to our own emotions & thoughts. By practicing more self-acceptance and acceptance of others, we open our second chakra, welcoming flow and balance back into our lives.



Chakra Two Sacral Chakra

Sacral Chakra Affirmation

I honor myself and others.

Feeding Your Sacral Chakra

Nourishing the Sexual/Creativity Center

Sweet fruits: melons, mangos, strawberries, passion fruit, oranges, coconut, etc.

Honey

Nuts: almonds, walnuts, etc.

Spices: cinnamon, vanilla, carob, sweet paprika, sesame seeds, caraway seeds

Sacral Chakra Exercises

Exercise your sacral chakra with pelvic thrusts and circular pelvis movements.

Sacral Chakra Yoga Postures

Integration series: Balasana (child's), Adho Mukha Svanasana (down dog), Rag Doll Bhujangasana (cobra), Trikonasana (triangle), Ardha Matsyendrasana (seated twist)



Integration Series

Presence



Energy: Allows us to come into our bodies. To move from distraction to direction. Set your intention and “put prayer to your actions”. Grounding. Integrate body mind and spirit

Drishti: Inward, eyes closed, knees, navel.

Asanas: Balasana
Adho Mukha Savasana
Uttanasana

Assist: Unite your breath with the rhythm of the class. Ensure everyone has a block and a strap.



Balāsana

Child's Pose



Dristi – Nasagrai / Nose
Bal - AHS -anna
bala = child



Energy: Allows us to come into our bodies. To move from distraction to direction. Set your intention and “put prayer to your actions”. Grounding. Integrate body mind and spirit

Alignment: Knees mats width apart big toes touch. Chest between thighs. Arms forward palms down to floor. Rest forehead on mat.

Contraindications: Knee injury

Modifications: Rolled up towel between knee and thigh. Sit on block. Knees together, rest chest on thighs. Arms forward for more stretch or hands back toward feet for more relaxed version.

Assist: Hand on sacrum / low back grounding down, other hand on upper back lengthening away from one another.



Adho Mukha Svanasana Downward Facing Dog

Dristi – Navi Chakra / Navel
AH-doh MOO-kah shvah-NAHS-anna
adho = downward mukha = facing svana = dog





Adho Mukha Svanasana Downward Facing Dog



Dristi – Nabi Chakra / Navel
AH-doh MOO-kah shvah-NAHS-anna
adho = downward mukha = facing svana = dog

Energy: For a new practitioner, it's enlivening and builds Tapas. Moves energy and prana around body to shake things up. Eventually becomes a resting pose and is an inversion to clear and calm.

Alignment: Feet hip width apart, hands shoulders width. Index, middle finger and thumb (the triads of hands) press into floor. Fingers spread wide. Scapula hug to one another, thoracic spine in. Low ribs pull in to torso. Navel lifts to spine. Tailbone lifts to ceiling while inner thighs spiral to back wall.

Contraindications: wrist / shoulder injury, if for medical reasons student is not to practice inversions.

Modifications: Sore wrists: forearms to floor as base. Tight shoulders: open arms and hands wider and turn wrists/hands out. Tight hamstrings: bend knees

Assist: Press triads down.
Roll scapula down back.
Standing from students hands- press hips toward back wall / ceiling.
Encourage front ribs into torso.
Stand behind student, pull hips back or inner thighs back.
Heels to floor.



Uttanasana

Rag Doll

Dristi – Nasagrai / Nose



Energy: Pratyahara (senses draw inward), calming rejuvenating, balancing to brain chemistry and hormones. Alleviates depression, anxiety and stress.

Alignment: Feet hips width apart or wider. Neck & shoulders relaxed, inner thighs rotate back. Hips over heels. Hold elbows in each hand or interlace fingers behind back and straighten arms over head.

Contraindications:

Modifications: bend knees to hinge at hips. Inner thigh spiral

Assist: Hand on sacrum / low back grounding down, other hand slides to upper back



Chakra 3rd Solar Plexus or Navel Chakra

Sanskrit Name – Manipura (city of gems)

Awakening, Vitalizing, Equalizing,
Grounding.

Sun Salutes, Warrior, Balancing &
Triangle Series.

The Solar Plexus Chakra is associated with the color yellow. This is the area which defines our “self-esteem”. The personality that develops during puberty is housed in this chakra...otherwise known as the “EGO”. Anyone experiencing dysfunction of the third chakra is having difficulty obtaining or maintaining his/her own “personal power”. The key word for this chakra is self confidence, which comes from first being able to relax and trust in life (1st chakra) followed by accepting ourselves (2nd chakra) and finally we arrive at our power center (3rd chakra)- the power behind making our dreams reality. This power requires inner trust and confidence. It's an intuitive chakra and where we get our “gut instincts” that signal us to do or not to do something.

Solar Plexus Chakra Associations

Color - yellow

Number of Petals - 10

Element - Fire

Physical Location - solar plexus - is a complex network of nerves (a plexus) located in the abdomen. It is behind the stomach, in front of the diaphragm on the level of the first lumbar vertebrae.

Sound - Ram

Area of Body Governed - upper abdomen, umbilicus to rib cage, liver, gallbladder, middle spine, spleen, kidney, adrenals, small intestines, stomach, pancreas

Gland / Sense - Pancreas / eyes

Indications of Blockages - Self esteem disorders, doubt, attachment, pain. Digestive disorders, eating disorders. Serrhosis, arthritis.

Indication of Health - Trust in oneself, self confident, a feeling of being “home” wherever one is. There is a sense of strength from the center of the body, in the region of the solar plexus, and this creates a sense of belonging everywhere.



Chakra Three Solar Plexus

Key Words - Purpose, vitality, energy, inner strength, will power, career, self-esteem, making of decisions, courage, discipline.

Purposes - Movement of energy through this chakra ignites us and plugs us into the universal energy source to empower us and our individual potential.

Spiritual Lesson - Acceptance of your place in the life stream. Trusting ourselves is the same as trusting life.

Solar Plexus Chakra Lessons and Path

Life relentlessly brings us to realize the importance of the words of Polonius, "To thine own self be true". Without personal power, life is a frightening, painful experience. To come into our own personal power is a journey each of us must make, our latent talents and abilities are achievable only when we feel confident enough to go for it. When we fully embody self confidence we stop having doubts and instead become one/single pointed.

We then harness a tremendous amount of energy: we get things done, influence people and can move heaven and earth if needed. We are "unmessable" with and not able to be distracted! This doesn't make us special, but instead it's to connect us with others. We each have gifts the world needs and if we are too fearful, we will not be able to share the beauty, magical mysteries of this amazing life.

Because this Chakra has so much to do with the center of the body, and that center contains the pancreas, the gall bladder, the spleen, and areas of the nervous system, it is also the repository for sensitive emotions. For this reason, anyone who is seeking to be in a position of power, must work on this Chakra diligently to remain healthy while their ambitions (mental) broaden into the real world. It is very important to keep the energy flowing up to the fourth Chakra: The Heart Center.



Chakra Three Solar Plexus

Solar Plexus Chakra Affirmation

I am true to myself in all that I do.

Feeding Your Solar Plexus Chakra

Boosting Self-Esteem and Encouraging Self-Love

Granola and Grains: pastas, breads, cereal, rices, flax seed, sunflower seeds, etc.

Dairy: milk, cheeses, yogurt

Spices: ginger, mints (peppermint, spearmint, etc.), melissa, chamomile, turmeric, cumin, fennel

Solar Plexus Chakra Exercises

Exercise your solar plexus by dancing - do “The Twist”, hoola hooping, and belly dancing.

Solar Plexus Chakra Yoga Postures

Sun Salutes, Standing Balancing Poses

Abdominal Exercises.

Navasana, and Crocodile series (Nakra Kriyas) - the various floor twists we do at the end of our classes



Sun Salutation Series



Awakening Surya Namaskara A & B

soor-yah
surya = sun namaskara = I honor





Sun Salutation Series

Awakening Surya Namaskara A & B



soor-yah
surya = sun namaskara = I honor

Energy: Awakening, fullwarm up for all joints and muscles. Sets the tone for the rest of practice. Creates the groove and rhythm for vinyasa practice. Tapas ignited - healing heat. Lubricates muscles and synovial fluid is warmed and moved lubricating synovial tissue in the joints.

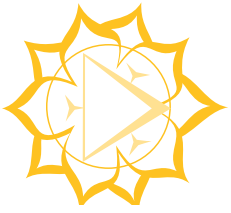
Drishti: Thumbs, 3rd Eye, Big Toe, Knees / Navel, Nose, Hand

Asanas:

Tadasana	Adho Mukha Svanasana
Utanasana	Samasthiti
Arda Utanasana	Utkatasana
Chaturanga Dandasana	Virabardrasana 1
Urdva Mukha Svanasana	Virabardrasana 2

Modifications: Students may go at their own pace and catch - up with the rest of class. New students can watch the first Sun A & B.

Assists: Breath with the rhythm of class as instructor is calling out the postures. Move efficiently and quickly with intention and purpose. Caution: DO NOT pull back on shoulders during upward facing dog or cobra. Use the “stacking joints” principle.



Surya Namaskara A



Samasthiti



Ekam- Inhale



Dve- Exhale



Trini- Inhale



Catvari- Exhale



Panca- Inhale



Nava- inhale



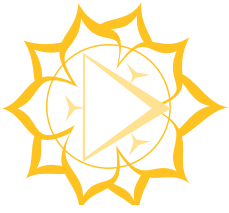
Astau- Exhale



Sapta- Inhale



Sat- Exhale



Surya Namaskara B



Ekam- Inhale



Dve- Exhale



Trini- Inhale



Catvari- Exhale



Panca- Inhale



Sat- Exhale



Sapta- Inhale



Astau- Exhale



Nava- inhale



Dasa- Exhale



Eka Dasa- Exhale



Panca Dasa- Exhale



Catur Dasa- Exhale



Trayo Dasa- Exhale



Dve Dasa- Exhale



Sapta - Dasa- Inhale



Sodasa- Exhale



Panca Dasa- Exhale



Catur Dasa- Exhale



Trayo Dasa- Exhale



Dve Dasa- Exhale



Sapta - Dasa- Inhale



Samasthti

Equal Balancing Pose



Dristi – Nasagrai / Nose
sama = upright, straight, unmoved
stithi = standing still, steadiness



Energy: Awareness, Stability. A diagnostic tool, All postures build from this one.

Alignment: Feet together, arms down, shoulders relaxed. Make sure your body weight is evenly distributed on all four corners of your feet.

Modifications: feet apart

Assist: Shoulders down, scapula together and down the back, thoracic spine in. Hand on sacrum press down, hand / index and thumb part of fist on low belly draw up and in.



Tadasana

Mountain Pose / Palm Tree Pose



Dristi – Urdva or Antara / Up to Sky
Tadasana - mountain pose



Energy: Awareness, Stability. Unmovable, unshakable. Winds come mountains stay, rains come mountains stay.

Alignment: Feet together, arms up, palms touching, shoulders relaxed. Make sure your body weight is evenly distributed on all four corners of your feet.

Contraindications: shoulder injury

Modifications: feet apart

Assist: Shoulders down, scapula together and down the back, thoracic spine in. Hand on sacrum press down with other hand: hand / index and thumb part of fist on low belly draw up and in. Draw arms up.



Uttanasana

Standing Forward Bend



Nasagrai / nose
OOT - tan - AHS - anna
ut = deliberation, intensity tan = to stretch, extend,
lengthen out, to weave



Energy: Pratyahara (senses drawing inward on this pose) calming, reflective, held longer. Rejuvenating, balancing to brain chemistry and hormones. Alleviates depression, anxiety, stress.

Alignment: Feet together or apart. Neck and shoulders relaxed, inner thighs rotate back, hips over heels, hands / fingertips on floor, abs draw torso to legs.

Modifications: If low back is tight, bend knees to hinge at hips. Hamstring injury = inner thigh spiral.

Assist: Hand on sacrum / low back, other hand on upper back lengthening away from one another. Be aware of students breath pattern: inhale lengthen, exhale deepen. Press hips forward over ankles.



Arda Uttanasana

Halfway Lift



Dristi – Broomadhia / 3rd eye
Arda = half
OOT - tan - AHS - anna
ut = deliberation, intensity tan = to stretch, extend, lengthen
out, to weave



Energy: Spaciousness, invigorating and strengthening for torso. Expanding through the back body and legs

Alignment: Feet together palms or fingers on the floor or shins. Flat back. Shoulders down spine, neck long.

Modifications: If low back is tight, bend knees to hinge at hips. Hamstring injury = inner thigh spiral.

Assist: Bend knees, draw shoulders blades together and down spine, chest forward and neck long.



Chaturanga Dandasana

Low Plank



Dristi – Nasagrai / Nose
chat-tour-ANG-ah dan-Dahs-anna
chattura - four anga = limbed danda = staff



Energy: Strengthening

Alignment: Feet hips width apart. Balance on palms and balls of feet 4-6 inches above floor. Scapula in thoracic spine in. Elbows stack over wrists.

Modifications: Drop knees to floor.

Assist: Staddle hips to hold them up while lowering them through chaturanga. Directional lift of uddiyana. Guide shoulders back.



Urdvha Mukha Svanasana

Upward Facing Dog



Dristi – Urdva or Antara / Up to Sky
OORD - vah MOO - kah shvah - NAHS - anna
urdhva = upward muka = facing svana = dog



Energy: Strengthening, rejuvenating for the spine. Lungs gain elasticity.

Alignment: Feet hips width apart. Balance on tops of feet and palms. Shoulders over wrists, scapula back and down, thoracic spine in.

Modifications: Drop knees to floor. Cobra pose

Assist: Directional lift to engage uddiyana and upper thighs.



Bhujangasana

Cobra *modify for
upward facing dog



Dristi – Urdva or Antara / Up to Sky



Energy: Basic and starter for upward facing dog. Strengthening, rejuvenating and healing for spine

Alignment: Feet hips width apart. Legs firm into the floor. Hands press into mat using arm abdominal and spinal strength to lift chest away from floor. *just chest off floor.

Assist: Directional lift to engage uddiyana and upper thighs.



Adho Mukha Svanasana



Downward Facing Dog

Dristi – Navel Chakra / Navel
AH-doh MOO-kah shvah-NAHS-anna
adho = downward mukha = facing svana = dog





Adho Mukha Svanasana Downward Facing Dog



Dristi – Navi Chakra / Navel
AH-doh MOO-kah shvah-NAHS-anna
adho = downward mukha = facing svana = dog

Energy: For a new practitioner, it's enlivening and builds Tapas. Moves energy and prana around body to shake things up. Eventually becomes a resting pose and is an inversion to clear and calm.

Alignment: Feet hip width apart, hands shoulders width. Index, middle finger and thumb (the triads of hands) press into floor. Fingers spread wide. Scapula hug to one another, thoracic spine in. Low ribs pull in to torso. Navel lifts to spine. Tailbone lifts to ceiling while inner thighs spiral to back wall.

Contraindications: wrist / shoulder injury, if for medical reasons student is not to practice inversions.

Modifications: Sore wrists: forearms to floor as base. Tight shoulders: open arms and hands wider and turn wrists/hands out. Tight hamstrings: bend knees

Assist: Press triads down.
Roll scapula down back.
Standing from students hands- press hips toward back wall / ceiling.
Encourage front ribs into torso.
Stand behind student, pull hips back or inner thighs back.
Heels to floor.



Utkatasana

Intense, Uneven



Dristi – Urdva or Antara / Up to Sky
OOT - kah - TAHS - anna
utka = fierce



Energy: Strengthening, rejuvenating for the spine. Lungs gain elasticity.

Alignment: Feet hips width apart. Balance on tops of feet and palms. Shoulders over wrists, scapula back and down, thoracic spine in.

Modifications: Drop knees to floor. Cobra pose

Assist: Directional lift to engage uddiyana and upper thighs.



Virabhadrasana 1

Warrior 1



Dristi – Urdva or Antara / Up to Sky
veer - ah - bah - DRAHS - anna
vira = warrior, made from dread lock of shiva's head
badrah = beautiful



Energy: Strengthening, stabilizing and brings anger down. Equanimity

Alignment: Front knee over ankle, work toward 90 degree angle. Hips squared. Inner rotation of back leg, outward rotation of front thigh. Arms extend overhead. Shoulders away from ears.

Modifications: Less bend in front knee. Step back foot further to side for tight hips. Hands to prayer.

Assist: Spiral arms in and up. Direct scapula in and down. Squeeze hips in and down. Arches of feet lifted



Virabhadrasana 2

Warrior 2



Dristi – Hastagrai / Hand
veer - ah - bah - DRAHS - anna
vira = warrior, made from dread lock of shiva's head
badrah = beautiful



Energy: Strengthening, stabilizing and brings anger down. Equanimity

Alignment: Front knee over ankle, work toward 90 degree angle. Square front leg press into outer edge of back foot. External rotation of inner thighs. Arms extend to sides. Shoulders away from ears.

Modifications: Less bend in front knee. Shorten stance. Hands to prayer.

Assist: Extend arms out. Direct scapula in and down. front knee bends deeper. Arches of feet lifted



Warrior Series

Vitality



Energy: Heating practice. Creates heat to build strength & suppleness. Heart rate increases and cardio workout without jarring your joints. Opens energy channels and moves breath, prana and awareness into the deep recesses of the body.

Drishti: Thumbs, 3rd Eye, Big Toe, Knees / Navel, Nose, Hand

Asanas:

- | | |
|-------------------|---------------------|
| Three Point | Extended Side Angle |
| Flipped Dog | Chair Twist |
| Vasistasana | Padangusthasana |
| Crescent Lunge | Padahasthasana |
| Revolved Crescent | Lunge Bakasana |

Assists: Stabilization followed by extension. Use the “stacking joints” principle.



Eka Pada Adho Mukha Svanasana



One Leg Down Dog /
Knee Bent

Dristi – Nabi Chakra/Navel



Energy:
Alignment:
Modifications:
Assist:



Flipped Dog

Dristi – Hastagrai / Hand



Energy: Strengthening, stabilizing and brings anger down. Equanimity

Alignment: Knees over ankles. Feet hips width apart. Press down through feet to lift hip points to sky. Shoulders away from ears.

Modifications: Full Wheel. Stay in 3 - point

Assist: Encourage knees and feet hips width apart legs rooted firmly into earth.



Vasistasana

Side Plank



Dristi – Hastagrai / Hand
vah - sis - TAHS - anna

vira = warriVasistasana = a great sage and author of Vedic Hymns. This posture is dedicated to Vasistasana



Energy: Strengthening

Alignment: Stack heels, flex feet. Ankles, hips and shoulders all in one plane. Draw tailbone to heels pubic bone to chin. Squeeze scapula down spine, navel to spine.

Modifications: Drop to one knee

Assist: Pull palm up. Lift hips and square.



Anjaneyasana

Crescent Lunge



Dristi – Hastagrai / Hand
Anjaneya = another name for hanuman,
the great friend and devotee



Energy: Grounding & strengthening. All the muscles work together to lift, lengthen and strengthen.

Alignment: Right knee at 90 degree. Knee over ankle. Extend back leg engaging muscles. Back toes tuck under. Hips square forward. Find tadasana in hips and spine. Palms face one another.

Modifications: Drop to back knee

Assist: Direct arms up. Shoulders away from ears. Scapula in and down, thoracic spine in drawing up and forward. Low belly in toward spine. Tap back thigh up to engage.



Parivrtta Anjaneyasana Revolving Crescent Lunge



Dristi – Hastagrai / Hand
par - ee - vrt - tah an - jey - AN - asana
parivrtta = revolve anjaneya = another name for Hanuman,
monkey god devotee to Ramavira = warrior, made from
dread lock of shiva's head badrah = beautiful



Energy: Twists bring balance to the internal organs, muscles and glands. Respiratory and circulatory systems become regulated and strengthened.

Alignment: Right knee at 90 degree. Knee over ankle. Extend back leg engaging muscles. Back toes tuck under. Hips square forward. Find tadasana in hips and spine. Bring elbow outside of opposite quad muscle, using contact to ratchet the twisting motion. Palms at prayer, spread wide or bound.

Modifications: Drop to back knee perhaps with padding under knee.

Assist: Direct shoulders away from ears. Scapula in and down, thoracic spine in drawing up and forward. Low belly in toward spine. Tap back thigh up to engage. feet lifted



Parsva Konasana

Side Angle



Dristi – Hastagrai / Hand
oo - TEE - tah parsh - vah - cone - AHS anna
utthita = extended parsva = side or flank kona = angle



Energy: Lengthening postures create space in the body, breath is able to expand deeper. From the space we feel in the body, it transfers over to feelings of space and possibility in the mind. We are left with a feeling of possibility in our life.

Alignment: Right knee at 90 degree. Knee over ankle. Extend back leg engaging muscles. Back foot flat at angle with arch lifting. Hips knee height. Hand to floor inside or outside mat.

Modifications: Bottom forearm on thigh. Bind arms under thigh and behind back - bird of paradise.

Assist: Direct shoulders away from ears. Scapula in and down, thoracic spine in drawing up and forward. Low belly in toward spine. Tap back thigh up to engage. Supporting lower hip / thigh draw open knee over ankle and upper hip away from knee. Inhale lengthen exhale deepen.



Parivrtta Utkatasana

Prayer Twist/Arms Spread

Dristi – Hastagrai / Hand
oo - TEE - tah parsh - vah - cone - AHS anna
utthita = extended parsva = side or flank kona = angle



Energy: Physically massages/rinses/detoxes internal organs. Brings fresh oxygenated blood to these areas. Aids digestion, increases lung capacity, strengthens stretches back muscles, tones abs, opens chest. Builds balance and coordination.

Alignment: Bend knees to 90 degree. hands to prayer twist upper arm to outside of thigh. Feet together, weight evenly distributed in all four corners of feet. Knees stay aligned with each other. Arms at prayer. Inhale lengthen, exhale deepen.

Modifications: Lower hand on block. Elbows between knees. Arms extend away from one another.

Assist: Press heels down, check knees are in alignment with one another, correct arm alignment.



Padangustasana Padahastasana Big Toe, Foot Hand



Dristi - Nasagrai / Nose Tip
pada = foot angustha = big toe



Energy: Calming, centering

Alignment: Feet shoulders width apart, knees slightly bent with peace sign fingers grabbing big toes or hands under feet. Elbows come out to side, crown of head toward toes. Long spine, soft shoulders. Inner thighs roll toward back wall. Engage thighs by lifting knees. Straighten knees if possible

Modifications: Bottom forearm on thigh. Bind arms under thigh and behind back - bird of paradise.

Assist: Direct shoulders away from ears. Scapula in and up toward ceiling, thoracic spine in drawing up and in. Low belly in toward spine. Tap thigh up to engage. Stack hips over ankles. Hand on sacrum, other hand lengthens spine. Inhale lengthen exhale deepen.



Bakasana

Crow Pose



Dristi – forward/floor
bah - KAHS - anna
baka = crow



Energy: Reigniting, heat building, energizing. Builds balance and coordination. Move through resistance! Face your fears!

Alignment: From forward fold: hands forward, shoulders width apart, come high on toes, bring shins onto triceps. Shift weight into hands, look forward and up. Engage abs big toes touch.

Modifications: Sumo squat to open hips. lift one foot off floor alternate.

Assist: Mirror the posture



Balancing Series

Equanimity



Energy: Builds equanimity - the inner calm amidst stormy weather. Strengthens nervous system.

Drishti: Forward, Big Toe, Hand

Asanas:

Eagle Standing	Splits	
Standing Front Leg Raise	ABC	Dancer
Airplane	Tree	
Half Moon		

Modifications: Use wall for support & blocks and straps to lengthen and lift.

Assists: Support and balance.



Garudasana

Eagle



Dristi – Hastagrai / Hands
gah - rue - DAHS -anna
Garuda = the mythic king of the birds that carries Vishnu



Energy: Cleansing, builds balance, awakens. Builds equanimity.

Alignment: Right leg over left, right arm under left. Straighten spine, scapula squeeze together, chest lifts. Elbows shoulder height, fingers and wrists forward.

Modifications: kickstand toes on floor.

Assist: Press hips down, check elbows lifting shoulder height. Navel draws into spine. Shoulders stack over hips.



Utthita Hasta Padangustasana

Extended Hand to Big Toe A, B, C



Dristi – Hastagrai / Hands gah - rue - DAHS -anna
Dristi – Padhayoragrai / Toes Dristi – Parsva / Left, Right
oo - TEE - tah
utthita = extended hasta = hand pada = foot angustha = big toe



Energy: Standing leg strengthens. Low back strengthens and gets relief. Gives steadiness and poise.

Alignment: Straight spine, belly in. Standing leg straight. Inner front thigh spins to back wall. Hips square, all except lifted leg and hands in samasthiti

Modifications: Lifted knee bent. Use wall for balance.

Assist: Mirror posture. Provide support.



Ardha Chandrasana Half Moon



Dristi – Hastagrai / Hands
are - dah chan - DRAHS - anna
arda = half chandra = moon



Energy: Strengthening, energizing, expanding and opening

Alignment: Stack right hip shoulders and arms over left. Use inner thigh of lifted leg to lift higher.

Modifications: Block under bottom hand.

Assist: Mirror posture. Provide support



Natarajasana

Dancer



Dristi – Hastagrai / Hands
not - ah - raj - AHS - anna
Nataraj = Shiva as Lord of Dance



Energy: Strengthening, energizing, expanding and opening. “Dancer teaches you that the real stretch is always spiritual” - B.Baptiste

Alignment: Upper body forward in traction; extend front arm and reach forward through fingertips. Shoulders in Samasthiti. Legs active, strength of backbend comes from active legs.

Modifications: Use wall for balance. Loop strap around back foot and hold strap with both hands elbows then wrists to sky.

Assist: Mirror posture. Provide support.



Vrksasana

Tree Hands in Prayer or Up



Dristi – Forward / Up
vrik - SHAHS - anna
vrksa = tree



Energy: Neutralizing, calming. Strengthens standing leg.

Alignment: Square hips, long spine / torso. Feel uddiyana lifting the low back out of sagging.

Modifications: Kickstand lifted foot, hands at prayer or fingers interlaced arms stretch palms up above head.

Assist: Mirror posture. Provide support. Square hips, Lengthen torso / spine.



Utthita Trikonasana Triangle



Dristi – Hastagrai / Hands
trik - cone - AHS - anna
tri = three know = angle



Energy: Lengthens and exhilarates

Alignment: Heels in one line, outer spiral thighs. Pubic bone toward chin. Twist torso to lengthen right and left side body evenly. Hands stack

Modifications: Block under lower hand, hand on shin or outside foot (traditional method shown). Gaze down.

Assist: Square hips, stack arms and hands.



Prasarita Padotanasana Spread Feet Intense



Dristi - Nasagrai / Nose Tip
pra - sa - REE - tah pah - doh - tahn - AHS - anna
prasarita = wide stretch pad = foot
ot = intense tan = stretch



Energy: Soothing

Alignment: Heels in one line 3+ feet apart. Arches lift. Legs active and strong. Hands under shoulders between feet or interlaced fingers arms straight reaching away from body. Crown of head toward floor.

Modifications: bend knees & shorten stance.

Assist: Lengthen spine, move hips forward over ankles.



Parsvottanasana

Side Intense



Dristi - Nasagrai / Nose Tip
parsh - voh - tahn - AHS - anna
parsva = side ot = intense tan = stretch



Energy: Soothing, brings focus

Alignment: Heels in one line 2+ feet apart. Arches lift. Legs active and strong. Hands in prayer behind back. Palms press together elbows lift to sky

Modifications: bend front knee & shorten stance. Hold opposite elbows.

Assist: Lengthen spine, square hips



Parivrtta Trikonasana Revolved Triangle

Dristi – Hastagrai / Hand
par - ee - vrit - tah trik - cone - AHS - anna
parivrtta = twisting tri = three kono = angle



Energy: Detoxifying, balancing

Alignment: Feet 2+ feet apart. Square hips, stack torso over front leg. Thoracic spine in and lengthening open. Arms vertical to floor

Modifications: Bend front knee step back leg to side. Block under lower hand

Assist: Lengthen spine, square hips



Abdominal Series

Vitality / Stability



Energy: Builds overall body strength, integrates movement in upper & lower and back body coordination.

Drishti: Forward, Big Toe, Sky

Asanas: Scissors 60 / 30 Leg Lift
Abdominal Twists Navasana / Boat

Assist: Cheer them on!



Navasana

Boat Pose



Dristi – Padhayoragrai / Toes
nah - VAHS - anna
nava = boat

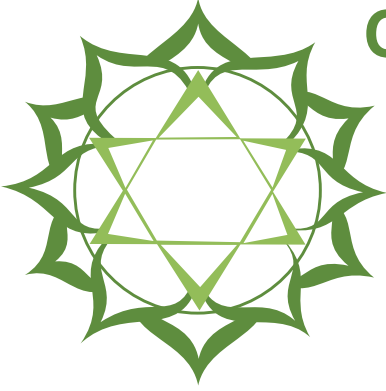


Energy: Heating, tone abdominal wall and hip flexor. Strengthens back.

Alignment: Balance with legs lifted into a “V” shape. Balance behind sits bones and in front of tailbone. Arms extend out of shoulders, straight and lifted spine.

Modifications: Hold back of bent knees. Fingers on floor behind hips. .

Assist: Encourage students! Zip line back of spine. Sit to the side of student- straddle with your legs their low back and upper thighs; this will support them to lift and lengthen their spine.



Chakra Four - Heart Chakra

Sanskrit Name – Anahata

Anahata - means unhurt,
un-struck and unbeaten.

Igniting & Expanding the
Container: Back Bends

The Heart Chakra is associated with the color green or pink. This is the center for love, compassion and spirituality. This center directs one's ability to love themselves and others, to give and to receive love. This is also the “bridge” chakra connecting the body and mind with spirit. It is the link between our humanity and divinity. The great visionaries of Mahatma Gandhi and Martin Luther King Jr. are modern examples of what open heart chakra energy can create.

Heart Chakra Associations

Color - Green or pink

Number of Petals - 12

Element - Air

Physical Location - Behind the breast bone in front and on the spine between the shoulder blades in the center of the back

Sound - Yam

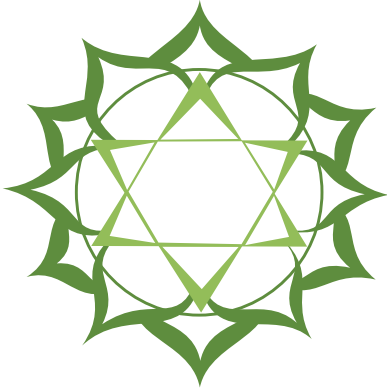
Area of Body Governed - heart, circulatory system, blood, lungs, rib cage, diaphragm, thymus, breasts, esophagus, shoulders, arms, hands

Gland / Sense - skin / touch

Indications of Blockages - Victimhood, selfishness, anger, hatred, paranoid, judgement, indecisive, afraid of letting go, afraid of getting hurt, or unworthy of love. Lung disease and heart conditions, shoulder arm and neck pain.

Anxiety. Indication of Health - Accepting of others, openness in relationships, compassionate, empathetic, humanitarian, and has an abundance of tolerance and patience. This is someone who sees the good in everyone and is devoted to nurture / serve / heal others.

Key Words - Conscience, compassion, communion, self-acceptance, love, divine manifestation, forgiveness, unconditional love. This is the seat of the ego, emotional center, the feeling body, subtle mind



Chakra Four Heart Chakra

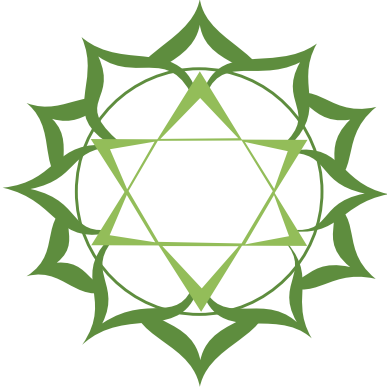
Purposes - Emotional empowerment tied to our deepest longing to live in harmony with others and our environment. This chakra rules our most noble instincts. To become love itself - all self development to uplift those around us. This is the heart center, the center of love within our human body.

Spiritual Lesson - Forgiveness - to forgive completely from the heart that is hurt is one of the highest acts of a human being, unconditional love, letting go, trust, compassion

Heart Chakra Lessons and Path

The typical characteristic is someone who seems to always have a shield around them, always protecting themselves, not trusting anyone. But even worse than all this, it prevents the love of self. Once this chakra has energy flowing through it, even the most shut off people can become their neighborhood Gandhi. We all have that illumined capacity.

This love center of the human energy system is often the focus in bringing about healing. Thus, the words "Love Heals All" have great truth. Hurtful situations that can effect our emotional being are divorce or separation, grief through death, emotional abuse, abandonment, adultery. All of these are wounding to the heart chakra. Physical illnesses brought about by heartbreak require that an emotional healing occur along with the physical healing. Learning to love yourself is a powerful first step in securing a healthy fourth chakra. The "wounded child" resides in the heart chakra.



Chakra Four Heart Chakra

Heart Chakra Affirmation

My heart is overflowing with love energies.

Feeding Your Heart Chakra - Healing Emotional Hurts

Leafy vegetables: spinach, kale, dandelion greens, etc.

Air vegetables: broccoli, cauliflower, cabbage, celery, squash, etc.

Liquids: green teas

Spices: basil, sage, thyme, cilantro, parsley

Heart Chakra Exercises

Any back bend, push ups, swimming (breast stroke), and hugging yourself.

Heart Chakra Yoga Postures

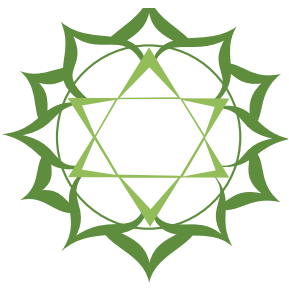
Many backbends including:

camel (ustrasana),

cobra (bhujangasana),

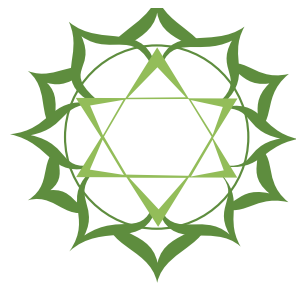
fish posture (Matayasana),

upward facing dog (urdhva mukha svanasana)



Backbending

Igniting

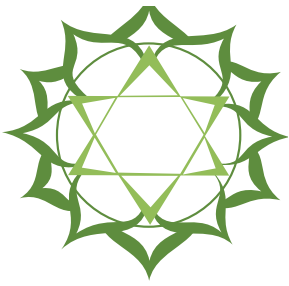


Energy: Awakening, toning and liberating.

Drishti: Nose, Straight Forward

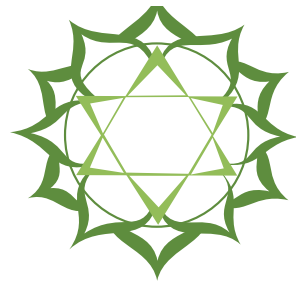
Asanas: Salabhasana / Locust Urdhva Danurasana
 Dhanurasana / Bow Supta Baddha Knoasana /
 Reclined Bound Angle
 Ustrasana / Camel Happy Baby
 Setu Bandhasana / Bridge

Modifications: Support low back with block. Use strap.



Salabhasana

Locust -Bound Arm Version



Dhristi- Nasagrai/Nose
sha - la - BAHS - anna
salabh = locust pose
resembles a locust resting on the
ground

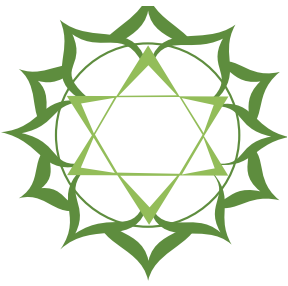


Energy: Heating; Strengthens entire back body. “youth giving” pose; keeps you young

Alignment: Lie on stomach, face down. Arms lengthen back interlace fingers and press palms together. Engage abs! Lift arms legs torso high to the sky. Front and back neck stays long. Inner thighs spin to ceiling. Legs straight.

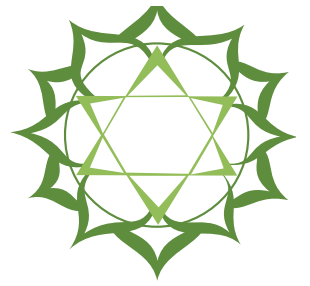
Modifications: Lift just the chest or just the legs.

Assist: Inner thigh spiral up toward ceiling. Spine lengthens and neck long. Lift hands off back body..



Dhanurasana

Bow Pose



Dhristi- Nasagrai/Nose
don - your - AHS - anna
dhanau = bow hands are the bow string, here to pull the head, trunk and legs up. In the vedas, it says the body is the bow, the arrow is our soul and the target is GOD.

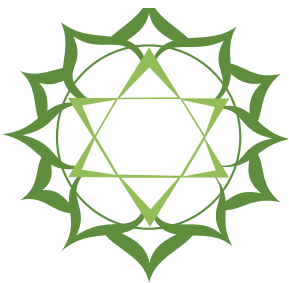


Energy: Heating, expanding and brightening. Awakening while focusing. Strengthens back

Alignment: Bend knees reach back grab top of feet. Use the strength of kicking to open front side chest and arms. Feet and knees stay hips width apart. Thighs lift off floor. Balance on small area between navel and pubic bone.

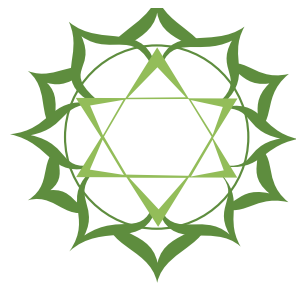
Modifications: Hold one leg at a time, switching during next round. Toes and ankles touch..

Assist: Do not pull on shoulders. Grab ankles and hands (ensure you have both) lift straight up- not back or forward.



Ustrasana

Camel



Dhristi- Nasagrai/Nose
ustra = camel

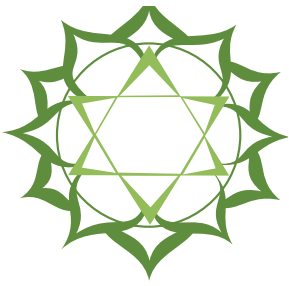


Energy: Deep stretch for psoas, opens the physical and the metaphysical heart.

Alignment: Come to knees, hips width apart. Bring hands to low back/sacrum. Press knees, shins, ankles and tops of feet down into mat. Scoop tailbone under, lift pubic bone up toward chest. Inhale: hands to back feet / ankles. Shoulder blades hug together down back to lift heart to ceiling

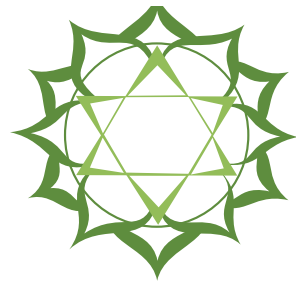
Modifications: Block between knees and squeeze. Keep hands on low sacrum. Pad knees with rolled mat or towel.

Assist: Encourage knees hips width apart. Draw hips forward and up, hold under shoulders and lift to ceiling.



Setu Bandhasana

Bridge Pose



Dhristi- Nasagrai/Nose
SET - too BHAN - dahs - anna
setu = bridge bandha = lock
setu bandha = the formation or construction of a bridge

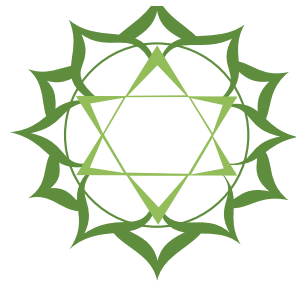
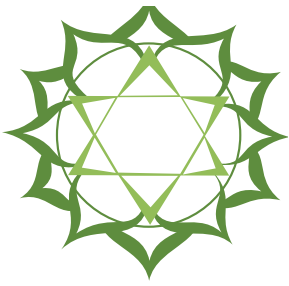


Energy: Heating, Opening. Brings and bridges awareness to the present moment.

Alignment: lie on back, knees bent hips width apart. Heels very close to hips. Arms lengthen toward feet by hips. Press hands and heels down to lift hips to sky. Interlace fingers under back and roll outer arms deeper underneath chest. Keep hips squared and knees stacked over ankles. Thoracic spine in lifting to sky.

Modifications: Hold ankles. Rest sacrum on block. Block between knees and squeeze.

Assist: Encourage knees hips width apart. Neck does not touch floor.



Urdhva Dhanurasana

Upward Bow Posture

Dhristi- Nasagrai/Nose
OORD - vah don - your - AHS - anna
urdva = upward facing dhanu = bow

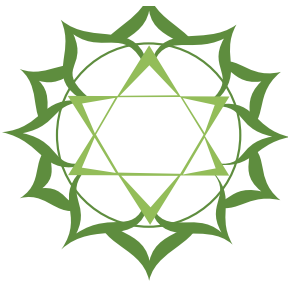


Energy: Heating, Opening. Brings and bridges awareness to the present moment.

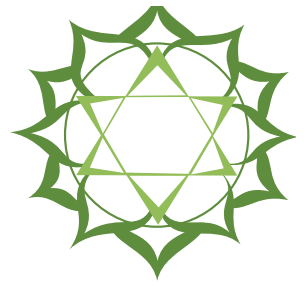
Alignment: lie on back, knees bent hips width apart. Heels very close to hips. Arms lengthen toward feet by hips. Press hands and heels down to lift hips to sky. Interlace fingers under back and roll outer arms deeper underneath chest. Keep hips squared and knees stacked over ankles. Thoracic spine in lifting to sky.

Modifications: Hold ankles. Rest sacrum on block. Block between knees and squeeze.

Assist: Encourage knees hips width apart. Neck does not touch floor.



Supta Baddha Konasana



Reclining Bound Angle

Drishti- Nasagrai / Nose or eyes closed
supta = reclining baddha = bound kona = angle

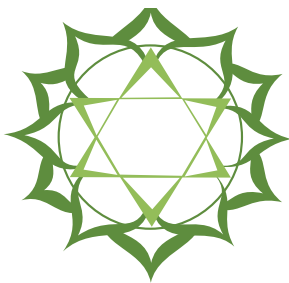


Energy: Restoring, calming. Surrender, deep rest after body opening backbends.

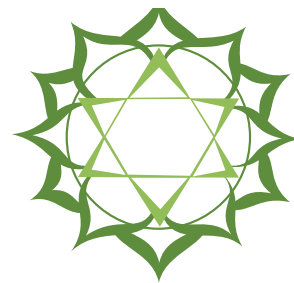
Alignment: Lie on back, soles of feet together, knees bent and resting on blocks or floor. Hands resting on the floor by your sides.

Modifications: Blocks under knees. Strap around feet and low back for self assist.

Assist: Press knees gently toward floor. Encourage relaxed shoulders and neck.



Urdhva Mukha Upavista Konasana



Happy Baby Pose

Dhristi- Nasagrai/Nose
OORD - vah MOO - kah cone - AHS - anna
urdva = upward mukha = facing upavista = seated
kona = angle

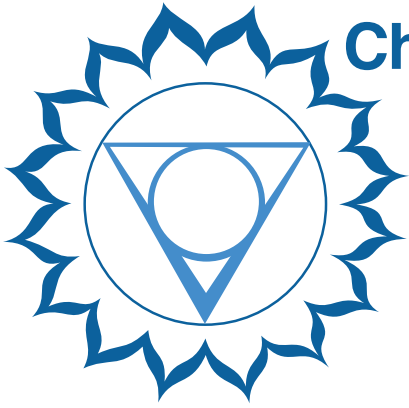


Energy: Grounding for spine, heart and head as they are fully supported without effort. Calming & centering.

Alignment: Lie on back, ankles stacked over knees. Hold outer edges of feet and pull knees toward floor at underarm. Head rests on floor

Modifications: Hold back of bent knees or calves.

Assist: Press heels toward knees, as you press back thighs to floor with your shins or knee area (not too much pressure)



Chakra Five - Throat Chakra

Sanskrit Name –Vishuddha

Vishuddha - means pure
as in wisdom

Inversions and seated poses

The fifth chakra (throat) is associated with the color sky blue. This chakra is our will and purification center. The healthfulness of the fifth chakra is in relation to how honestly one expresses himself/herself. Lying violates the body and spirit. We speak our choices with our voices (throats). All choices we make in our lives have consequences on an energetic level. Even choosing not to make a choice such as in repressing our anger (not speaking out) may manifest into laryngitis. We have all experienced that “lump in our throats” when we are at a crossroad of not knowing how to speak the right words in any given situation, perhaps even stuffing our own emotions. Often our throat center is susceptible to adverse influences such as undue criticism- in this case the chakra constricts easily when we feel threatened or shamed. When we are afraid to be ourselves, this chakra closes and truly resists opening. However to open it we must! Holding on to the fear will only keep us weak and small. A challenge of the throat chakra is to express ourselves in the most truthful manner. Seek only the truth.

Throat Chakra Associations

Color - blue

Number of Petals - 16

Element - Ether

Physical Location - throat, neck region

Sound - Ham

Area of Body Governed - throat, thyroid, trachea, neck vertebrae, mouth, teeth, gums, esophagus, parathyroid, hyperthalemus

Gland / Sense - Thyroid gland / ears

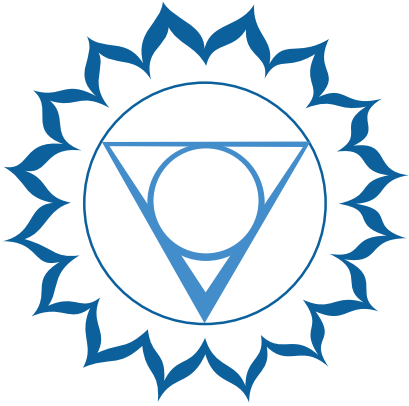
Indications of Blockages -problems in the throat, jaw, neck and shoulders, communication / voice difficulties, and underactive thyroid.

Indication of Health -no problem with communications, listening, freedom of expression

Key Words - Communication center, purification, honesty, fearless expression of individual will, clarity

Purposes - learning to take responsibility for one's own needs

Spiritual Lesson - confession, surrender personal will over to divine will, faith, truthfulness over deceit



Chakra Five Throat Chakra

Throat Chakra Lessons and Path

Since the throat is where we express ourselves with our voice to the outside world, it is where we also express who we are to everyone who hears us. We no longer bottle things up. How we speak to others is extremely important.

To speak with love from this Chakra is a goal to embrace. Even thinking something hurtful and not expressing it is the same as saying something hurtful, because our bodies feel it. Whether we are holding back or expressing, all of our thoughts or expressions come through our lower Chakras into our throat. When energy is moving through this chakra, there is no more fear based resistance to get in the way of our self expressed creative flow. We appear to others as we appear to our self, no longer hiding.

Throat Chakra Affirmation

My throat is clear and open, my voice utters truthful words.

Feeding Your Throat Chakra

Speaking One's Truth

Liquids in general: water, fruit juices, herbal teas

Tart or tangy fruits: lemons, limes, grapefruit, kiwi

Other tree growing fruits: apples, pears, plums, peaches, apricots, etc.

Spices: salt, lemon grass

Throat Chakra Exercises

exercise your throat chakra by gargling with saltwater, singing, screaming, or chanting

Throat Chakra Yoga Postures

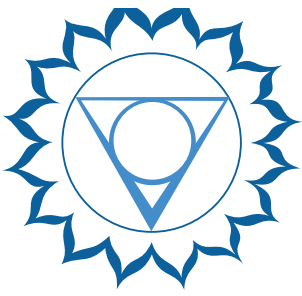
Fish (matsyasana)

Plough (halasana)

Shoulder Stand (sarvangasana)

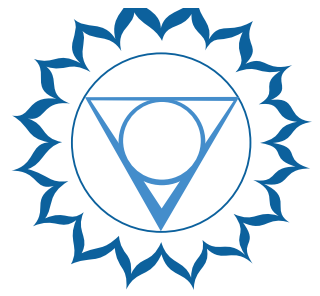
Headstand (sisrasana)

04 - Uplift, Inspire, Connect



Inversion Series

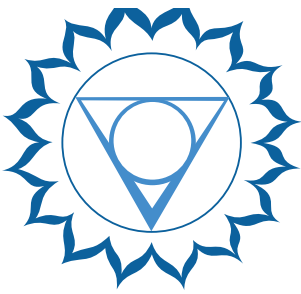
Rejuvenation



Energy: Pratyahara (senses draw inward), Cleansing, Renewing
Drishti: Nose, Straight Up

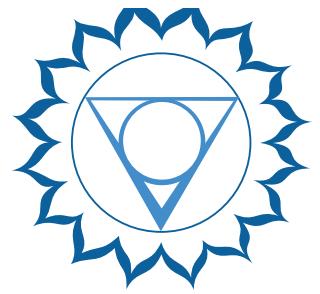
Asanas: Salamba Sarvangasana / Shoulder Stand
Halasana / Plow
Karnapidasana / Deaf Man's Pose
Sirsasana / Headstand

Modifications: Support low back with block. Use strap



Salamba Sarvangasana

All Limbs Supported



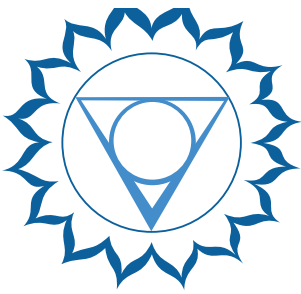
Dristi – Nasagrai / Nose Tip
sah - LOM - bah sar - van - GAHS - anna
sarva = all anga = limb



Energy: Calming, rinsing, steadying and internalized.

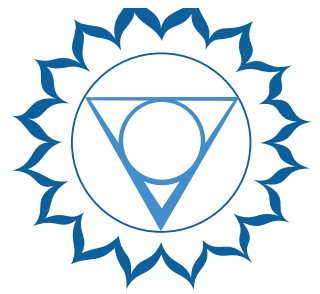
Alignment: Shoulders on floor, cervical spine lifted off floor allowing for natural curve. Legs above head stacking shoulders, hips knees ankles all in one line. Palms press mid back in for support.

Modifications: Place a block under sacrum and do half shoulder stand (Viparita Karani)



Halasana

Plow



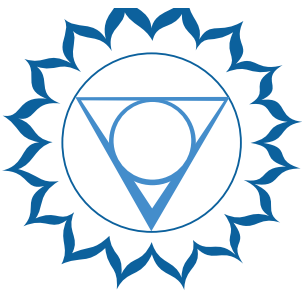
Dristi – Nasagrai / Nose Tip
hah - LAHS - anna
hala = plow



Energy: Calming, rinsing.

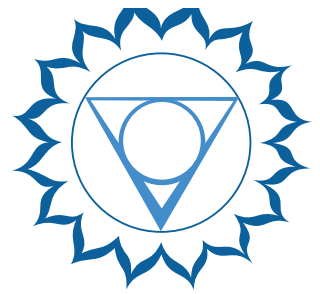
Alignment: Arms and shoulders press into floor, to support neck lifting off floor. Back straight, legs straight. Top of feet on floor pressing down and away. Inner thighs spiral up to sky.

Assist: Press wrists to floor



Karnapindasana

Ear Squeezing



Dristi – Nasagrai / Nose Tip
Karna - peed - AHS - anna
Karna = ear pinda = squeeze

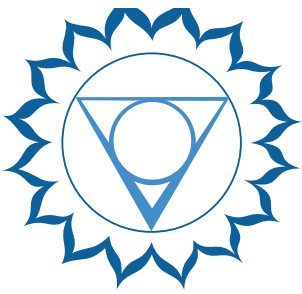


Energy: Pratyahara, withdrawal of the sense inward to see and feel the sweet ease and contentment found there.

Alignment: From plow, bend knees to ears and squeeze

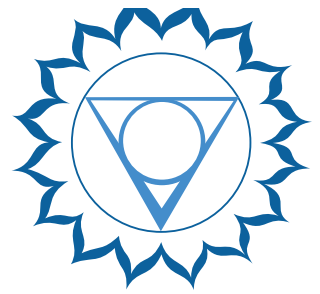
Modifications: Instead of bound hands, wrap arms around legs hold heels and draw knees to ears.

Assist: Press wrists to floor



Sirsasana

Headstand



Dristi – Nasagrai / Nose Tip



Energy: Calming, rinsing, steadying

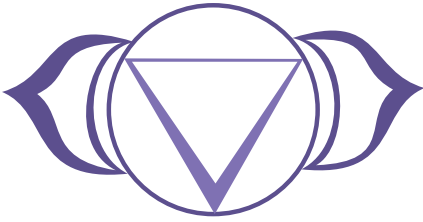
Alignment: Top of head on floor, press back of head with base of hands and wrists, slowly bring legs up

Contraindications: Headaches, neck or shoulder injuries

Modifications: Practice with a wall; lift one leg up at a time

Assist: Stand behind in case they fall. Stabilize.

Chakra Six - Third Eye, Brow, or Forehead Chakra



Sanskrit Name – Ajna

Ajna means command, authority

Raising the Vibration:

Hip Openers, Forward Folds

The sixth Chakra is associated with the color indigo. It is also often referred to as the third eye or the mind center or conscience. The two physical eyes see the past and the present, while the third eye reveals the insight of the future. It is our avenue to wisdom - learning from our experiences and putting them in perspective. Our ability to separate reality from fantasy or delusions is in connection with the healthfulness of this chakra. Achieving the art of detachment beyond “small mindedness” is accomplished through developing impersonal intuitive reasoning. It is through an open third eye chakra that visual images are received.

Third Eye Chakra Associations

Color - indigo

Number of Petals - 2

Element - thought

Physical Location - Eyebrow center, top of ear height, midbrain.

Sound - aum

Area of Body Governed - brain, neurological system, eyes, ears, nose, pituitary, pineal glands

Gland / Sense Organ - Pineal / the mind

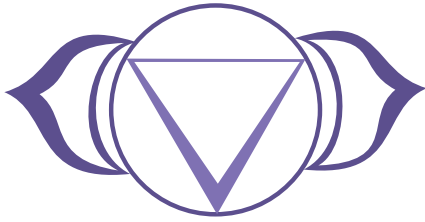
Indications of Blockages - fear of truth, confusion, excessive thought, panic, depression, brain tumors, strokes, blindness, deafness, and seizures, to learning disabilities, spinal dysfunctions, and even poor eyesight

Indication of Health - Clarity, faith, fearlessness. We are able to see ourselves and others as energetic and spiritual beings. We can create our own reality by using the imagination, freedom of choice and enhanced insight. seeing clear picture(symbolic or literal), wisdom

Key Words - Perceive, psychic and intuitive senses, vision (visionary and psychic vision) remote viewing, beyond the five senses, limitless time and space consciousness

Purposes - action of ideas, insight, mind development

Spiritual Lesson - understanding, reality check point, detachment, open mind



Chakra Six Third Eye Chakra

Third Eye Chakra Lessons and Path

The 6th Chakra is about forgiveness and compassion. Forgiveness is the power to let go of anger, hatred and resentment and to discover, in humility, the generosity of the Spirit. It is the one that dissolves all our ego, conditionings, habits, false ideas of racialism, and all our misidentifications. It is the narrow gate which opens the way for our consciousness to ascend to its final destination, which is the 7th Chakra center. All of our meditations and visualizations are no longer about the body.

Throat Chakra Affirmation

My third eye intuits inner knowledge.

Feeding Your Third Eye Chakra

Awakening Third Eye Senses

Dark bluish colored fruits: blueberries, red grapes, black berries, raspberries, etc.

Liquids: red wines and grape juice

Spices: lavender, poppy seed, mugwort

Third Eye Chakra Exercises

exercise your third eye chakra with visualization, remote viewing, and lucid dreaming, meditation

Third Eye Chakra Yoga Posture

seated yoga mudra

seated hip openers

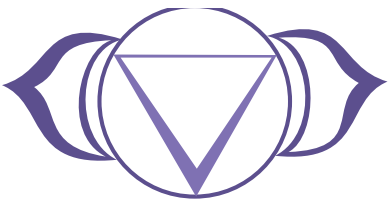
seated forward folds

seated twists

fish posture (matsyasana)

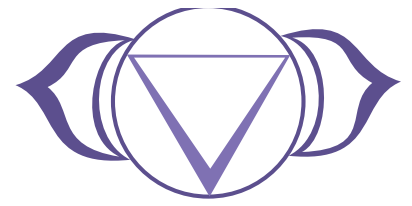
meditation

chanting



Hip Series

Opening

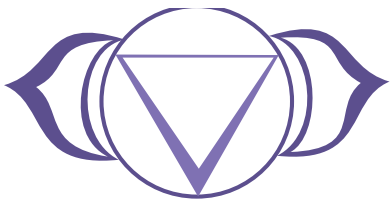


Energy: Pratyahara (senses draw inward), Cleansing, Renewing
Drishti: Nose, Straight Up

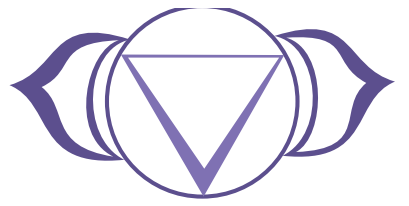
Asanas: Adho Mukha Eka Pada Rajakapotasana / Half Pigeon
Dwapada Rajakapotasana / Double Pigeon
Bhekasana / Frog

Modifications: Support hip hinge by using blocks

Assists: ground hips gently toward floor



Ardho Mukha Eka Pada Rajakapotasanaa Half Pigeon



Drishti- Nasagrai/Nose
eh - KAH pah - DAH rah - JAH - cop - TAHS - anna
adho = downward mukha = facing eka = one pada =
leg raja = king kapota = pigeon

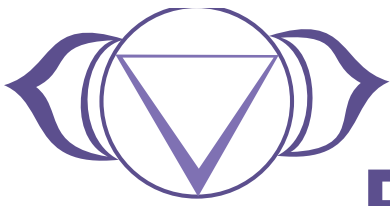


Energy: Accepting, renewal, growing. "If you breath through the pains of purification (tapas) you will venture into whole new territories for growth." -B. Baptiste

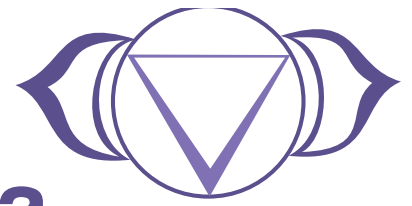
Alignment: Front thigh parallel to long edge of mat. Back leg extends straight. Front shin eventually parallel with top of mat, foot flexed.

Modifications: Lie on back may press extended foot against wall to self assist; Lessen angle of front knee. Block under bent knee side hip. Block under forehead or chest. Seated half pigeon

Assist: Pull hip down and back on bent knee side. Lengthen low back toward floor.



Dwapada Rajakapotasana Double Pigeon



Drishti- Nasagrai/Nose
rah - JAH -cop - TAHS - anna
dwa = two pada = leg raja = king kapota = pigeon

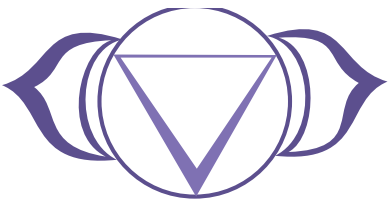


Energy: Accepting, renewal, growing. “If you breath through the pains of purification (tapas) you will venture into whole new territories for growth.” -B. Baptiste

Alignment: Front thigh parallel to long edge of mat. Back leg extends straight. Front shin eventually parallel with top of mat, foot flexed.

Modifications: Lie on back may press extended foot against wall to self assist; Lessen angle of front knee. Block under bent knee side hip. Block under forehead or chest. Seated half pigeon

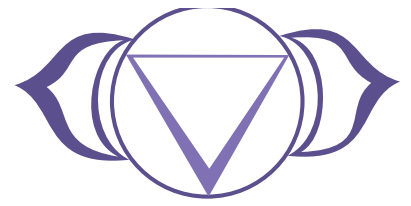
Assist: Pull hip down and back on bent knee side. Lengthen low back toward floor.



Bhekasana

Frog

Dristi – Floor
Bheka = frog

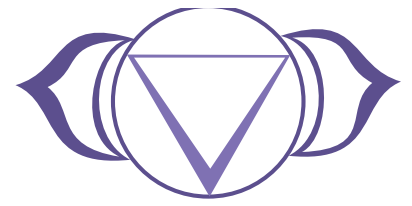
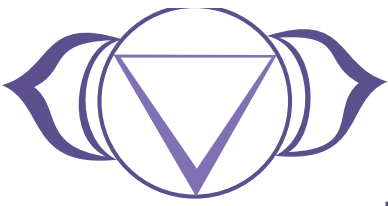


Energy: Intense, emotionally charged especially the longer you hold. Hips are the body's storehouse of emotions, freedom in pose contributes to emotional release.

Alignment: Face down, legs at 90 degree angle. Heels in line with knees. Feet powerfully flexed. Scoop pubic bone / pelvis up toward chest and engage belly. Drop head and rest on elbows or chest.

Modifications: Block under chest. Roll up mat to cushion knees. Lie on back to do pose

Assist: Slid knees apart on their exhale- watch that the alignment stays: knees, hips and ankles at 90 degrees.



Forward Bending Series

Open / Release

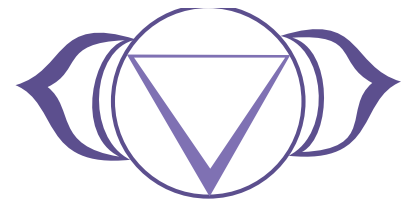
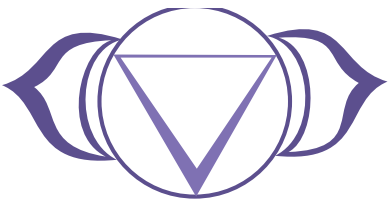


Energy: Calming and decompressing. Relaxing to muscles. Activates kidneys, tones liver, spleen and other internal organs; detoxes digestive track improving waste removal! Flushes adrenals healing some adrenal fatigue. Brings a sense of ease and contentment.

Drishti: Nose, Straight Up, Toes

Asanas: Janu Sirsana Seated Forward Fold
Fish pose Reverse table / Reverse Plank

Modifications: Support hip hinge by using blocks



Janu Sirsasana

Head to Knee

Dristi – Padhayoragrai / Toes
JAH - new - shear - shahs - anna
janu = knee sirsa = head

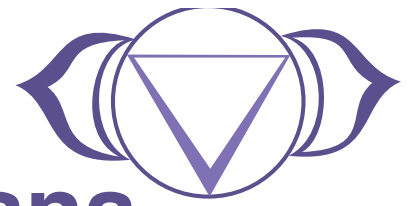
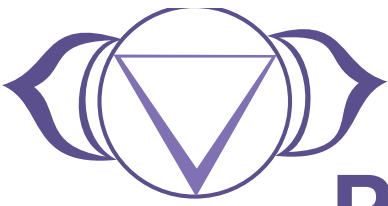


Energy: Accepting, renewal, calmness

Alignment: Extend leg with foot flexed, inner thigh rolling toward floor. Bend knee of opposite leg and press foot into thigh. Weight on the front edge of sitting bones, lengthen spine forward.

Modifications: Sit on blocks. For tight knees it may help to roll a small cloth and place between thigh and calf, or try placing block under bent knee.

Assist: Pull hips down and back. Lengthen low back toward floor, relax shoulders.



Pashimottanasana

Westward Facing Back Intense

Drishti- Padhayoragrai / Toes
JPOSH - ee -moh - tan - AHS - anna
paschima = west ot = intense tan = stretch

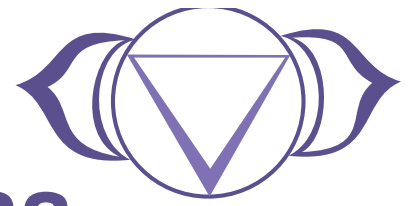
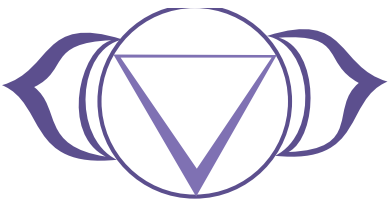


Energy: Accepting, renewal, internal awareness

Alignment: Extend legs straight, hinge at hips holding outer edges of feet. Press inner thighs to floor and flex feet

Modifications: Sit on blocks. Bend knees.

Assist: Pull hips down and back. Lengthen low back toward floor, relax shoulders.



Purvottanasana

Reverse Plank / Reverse Table Top

Dristi - Broomadhya / Ajna Chakra (3rd eye) or Nasagrai (nose)
purva = east (front side of body) ot = intense tan = stretch

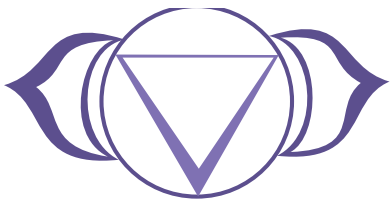


Energy: Freeing, energizing. Counterpose to neutralize forward bends and chaturanga / downward facing dog.

Alignment: From seated, bring hands one foot behind hips, fingers wide palms face down fingers face forward. Inhale: push down into feet and hands to lift body off floor. Feet together, legs firm. Drop head back.

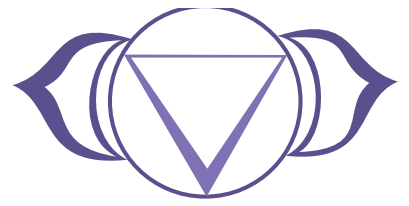
Modifications: Bend knees for reverse table version.

Assist: Lift hips up and toward you (assistant) on exhale.



Mathsyasana

Lord of the Fishes



Dristi - Broomadhya / Ajna Chakra (3rd eye)

mots - YAHS -anna

Matsya = King of Fishes; Incarnation of
Vishu: sustainer of life



Energy: Helps direct blood flow to thyroid and parathyroid glands

Alignment: Legs can be in lotus (traditional and pictured here) or straight extended to floor. Hands either on floor elbows bent to support the arch in chest, or bound to feet (pictured here). Inhale strong through legs, exhale lift chest to sky.

Modifications: Sit on blocks. If knees are in pain, choose a different hip opener or Seated Half Pigeon

Assist: Lift chest and expand on exhale.



Chakra Seven - Crown Chakra

Sanskrit Name –Sahasrara
meaning “thousandfold”

Finding Bliss - Savasana -
Meditation - Breath Awareness

The crown chakra isn't really a chakra but more an arrival. As it sits in the crown of the head like a cap, and is associated with violet or white light and the sound AUM. This chakra is often depicted as a lotus flower with its petals opening to the sun, it opens to the Light of cosmic consciousness. From unconscious to conscious, from lower to higher symbolized by the lotus flower growing out of the mud and ascending toward the Light. The crown chakra could also be considered the bottomless well from which intuitive knowledge is drawn. The Hopi call this energy center kopavi, meaning “the open door” through which higher spiritual knowledge is received.

Crown Chakra Associations

Color - violet or white light

Number of Petals - 1000 or infinite

Element - Universal Consciousness / Space

Physical Location -crown of the head

Sound - AUM

Area of Body Governed - top center of the head, midline above the ears

Gland / Sense - pituitary gland / I AM

Indications of Blockages - not prone to blockage

Indication of Health - Total selflessness. Divine love of all. Altruistic, humanitarian, giver, lover of life, charming and charismatic from the power of love itself. This Chakra helps us to think and express ourselves to others fully. When it is open, one sees the everything as one. Selflessness, humanitarianism and the ability to see the bigger picture in the life stream.

Key Words - infinity, self realization, inspiration, transcendence, ascension, oneness

Purposes - only goodness prevails when this chakra is functioning.

Spiritual Lesson - joy, living in the NOW wisdom, bliss, universal identity, samadhi, meeting place of Kundilini Shakti and Shiva.



Chakra Seven Crown Chakra

Crown Chakra Lessons and Path

The crown chakra is not one to be worked with, since we can't influence it in any way. When one has arrived at this chakra one lives in the Here and Now with ease. An open crown chakra is to be in the experience of, rather than the practice of, Yoga.

There are no words that can truly describe the experience of being 100% conscious in the human body, conscious of self, conscious of ALL. The only way to understand it is to be it. This chakra represents the pinnacle of our awakening, and, since we can't directly influence it in any way, it's opening requires ease in the entire system, with all the chakras below it activated.

Once open, we cease identifying with anything other than our own perfection. We remember who we are.

Crown Chakra Affirmation

My crown chakra projects inspiration

Feeding Your Crown Chakra

Opening and Clearing the Spiritual Communication Center

Air: fasting / detoxing

Incense and Smudging Herbs: sage, copal, myrrh, frankincense, and juniper

Incense and smudging herbs are not to be eaten but are ritually inhaled through the nostrils

Crown Chakra Exercises

exercise your crown chakra through prayer or meditation and pranayama exercises. You can visualize this center as a glowing ball of white Light which hovers right above the top of your head. This Light represents our divine birthright: universal wisdom, health, wealth, and abundance in love.

Crown Chakra Yoga Postures

Chanting

Meditation

Pranayama: Ujjayi, Kapalabhati, Nadi Shodana, Shitali, Ratio Breathing

Savasana



Surrender to Gravity

Deep Rest



Energy: Final poses, deep emotional and physical rest needed. Heart rate will slow, restoration and renewal occurs.

Asanas: Urdhva Mukha Upavista Konasana / Happy Baby
Reclined spinal twist
Savasana



Urdhva Mukha Upavista Konasana



Happy Baby Pose

Dristi – Nasagrai / Nose
OORD - vah MOO - kah cone - AHS - anna
urdva = upward mukha = facing upavista = seated
kona = angle



Energy: Grounding for spine, heart and head as they are fully supported without effort. Calming & centering.

Alignment: Lie on back, ankles stacked over knees. Hold outer edges of feet and pull knees toward floor at underarm. Head rests on floor

Modifications: Hold back of bent knees or calves.

Assist: Press heels toward knees, as you press back thighs to floor with your shins or knee area (not too much pressure)



Final Spinal Twist



Dristi – Nasagrai / Nose or
Closed eyes

OORD - vah MOO - kah cone - AHS - anna
urdva = upward mukha = facing upavista = seated
kona = angle



Energy: Balancing

Alignment: Lie on back, bend knees and drop them to the left, arms extend and turn chin toward extended hand. Let the back feel relaxed.