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Chakra yoga poses pdf


How to open sacral chakra yoga poses. Are yoga poses spiritual. Spiritual meaning of yoga poses. Yoga poses to open 7 chakras. Root chakra yoga poses pdf.

April 7, 2021 • By Brett Larkin • Verified By Anodea Judith, PhD • Our Editorial Process You’ve probably heard a lot about the importance of balancing your chakras, followed up with certain mantras, meditation, essential oils, or breathing exercises. While all of these things can certainly help with healing the chakra system, very rarely do people talk about how chakra yoga poses fit into your yoga practice. But it’s true. The main chakras, starting from the root chakra (Muladhara) all the way to the crown chakra (Sahasrara), sit on a subtle energy line that serves as a sort of highway for life force energy (aka Kundalini energy). And certain yoga poses can help activate each of the chakras, ultimately cleansing the chakras for a healthy flow of energy in the subtle body. While understanding the chakras takes a lot of time and energy, you can begin with a little at a time. So, let this be your chakra yoga guide. One of my most enjoyable learning experiences during my 200HR yoga teacher training in India was learning more about each of our chakras and how we can activate and balance each through various yoga poses.

AWAKENING CHAKRAS WITH

MUDRAS and MANTRAS

LAM




ROOT CHAKRA  
MULADHARA  
(SURVIVAL)  
Base of Spine,  
on Perineum




Thumb & Index fingers  
touch. Arms Straight,  
hands on knees.  
Chakra Sound...  
Long: L-A-A A-A-M

VAM




SACRAL CHAKRA  
SWADHISTHANA  
(CREATIVITY)  
Hips




Place Hands in your lap  
with your palms facing  
upwards, right palm  
resting on top of left.  
Chakra Sound...  
Long V-A-A-A-A-M

RAM




SOLAR PLEXUS  
CHAKRA  
MANIPURA  
(WILL POWER)  
Two-Inches Below  
Naval




Place Hands between your  
heart and your stomach.  
Chakra Sound...  
Long R-A-A-A-A-M

YAM




HEART CHAKRA  
ANAHATA  
(Love)  
Heart




Right Hand:  
Index finger & thumb touching  
at Heart Centre. Left Hand  
in same Mudra resting on  
the knee. Chakra Sound...  
Long Y-A-A A-A-M

HAM




THROAT CHAKRA  
VISHUDDHA  
(EXPRESSION)  
Throat




Hand by Stomach, fingers  
interlaced & thumb tips  
touching. Focus on  
Throat Chakra.  
Chakra Sound...  
Long H-A-A-A-A-M

SHAM



THIRD EYE  
CHAKRA  
AJNA  
(INTUITION,  
WISDOM)  
Third Eye




Hands in front of the lower  
part of your breast. Middle  
fingers stand up tips  
touching, other fingers  
bent at first joint as shown  
Chakra Sound  
Long S-H-A-A-A-M

OM



CROWN CHAKRA  
SAHASRARA  
(SPIRITUAL  
CONNECTION)  
Crown



Hands in front of your  
stomach, fingers  
interlaced. Little fingers  
pointing upwards  
Chakra Sound...  
Long O-O-M-M-M-M

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Through this guide, you’ll learn the basics of each of the 7 chakras, and a few asanas that help to bring them to balance. The root chakra forms the base of our most basic needs, connects us with the ground beneath, and lets us tap into the foundation of our entire chakra system. While there is not a single most important chakra, the root chakra is one of the most important main chakras to keep open and balanced to allow life force energy to flow through you. It is located at the base of your spine. The element is Earth, hence why it’s referred to as dense and tasked with being the pillar upon which all other chakras rest. It centers around basic survival needs – like food, shelter, and money, and deals with emotions like belonging, feeling grounded, safe, and accepted. The related color is red, picture a glowing red ball at the base of your spine. The bija mantra is LAM. Here are 3 yoga poses to activate and balance the root chakra. In each posture, focus on your body connecting to the Earth, making you feel stable and grounded. It centralizes around fluidity, ease of movement, expression, creativity, sexuality and intimacy. Chakra Svadhisthana holds a large part of who we are and how we interact both with ourselves and others, making it a challenging energy center to work on. It is located in our womb area, between the navel and the groin. The element is water, hence the nature of this energy center. It centers around our ability to welcome change, relate to others, create our deepest desires, and practice both intimacy and sexuality. The related color is orange and the bija mantra is VAM. Here are 3 yoga poses to activate and balance the sacral chakra. These are just a few of the many yoga postures you can do that involves working with movement in your hips and the lower abdominal area. You might also like: Chakra Colors & Meanings: The Ultimate Chakra Guide (+Chart) This is our space for transformation, willpower, purpose, digestion, and energy. It allows you to pursue your purpose, challenge your movements, and transform your experience. It is located in our navel center, specifically from the sternum to the navel. The element is fire, hence it being our space of power and transformation. It centers on our ability to overcome inertia, to take the next best step, and to recognize that we are the creators of our truth. The related color is yellow and the bija mantra is RAM. Here are 3 yoga poses to activate and balance the manipura chakra. These yoga postures focus on strength, confidence and power. Purvottanasana: Reverse plank Dhanurasana: Bow Pose Crescent Pose Our heart center is the space where we experience love, compassion, connection, expansion, and integration. It creates a bridge between the lower chakra centers (physical fixed states) and the upper chakra centers (spiritual, esoteric states). It is the emotional go-between, connecting groundedness with intuition. It is located at your heart center. The element is air, which represents freedom, openness, expansiveness, freshness, spaciousness, lightness, and simplicity. The related color is green and the bija mantra is YAM. Here are 3 yoga poses to activate and balance the heart chakra. You might also like: Bija Mantras: The Chakra Mantras and Their Sounds This is the space where we speak our highest truth, practice vulnerability, express our needs and wants, and create conscious vibrations. It is located at your throat center. The element is space, hence the desire to create open channels of communication and authenticity. It deeply focuses on communication, drawing energy from self-expression, honesty, authenticity, and anything else related to your communicative actions (both verbal and non-verbal). The related color is blue and the bija mantra is HAM. Here are 3 yoga poses to activate and balance the throat chakra. Chakrasana: Wheel pose Salamba Sarvangasana: Shoulder Stand Seated Cat-Cow The sixth chakra is our space of intuition and it’s centered around our awareness, wisdom, and imagination. It is located between our eyebrows and it corresponds to the pineal gland, giving you a direct connection to consciousness. The element is light. It revolves around the ability to see – both inner and outer. And the Sanskrit term, Ajna, translates to – “to perceive” and then “to command”. When broken down, this refers to how we digest images through perception, but also how these images are then formed into our own reality and personal vision. The related color is indigo. The bija mantra is AUM. Here are 3 yoga poses to activate and balance the third eye chakra. You might also like: The 7 Chakra Symbols Explained: Their Meaning & Shapes [+PICTURES] The seventh chakra is our source of enlightenment, our spiritual connection to something greater, our relationship with our higher selves, and consciousness. It is located at the crown of the head. The element is cosmic energy, thought, or space.

12 Yoga Poses For THROAT CHAKRA



Child's PoseAnahata PoseCat and Cow Pose



Cobra PoseBow PoseFish Pose



Camel PoseReverse Plank PoseWild Thing



Saddle PoseSavasanaPadmasana

@yogarsutra.com

It centralizes around integration, cosmic consciousness, enlightenment, transcendence, and spirituality. The color related to this chakra is violet. The mantra is OHM. Here are 3 yoga poses to activate and balance the crown chakra. Saddle Pose Savasana Padmasana: Lotus. Understanding the chakras isn’t as simple as yoga and meditation paired with a few essential oils. It works with the subtle energy body, which is considered a spiritual science. The seven major chakras outlined above are just the beginning, serving as a main pathway for life force prana to flow through you along your spine.



While hatha yoga and restorative yoga can certainly help support your yoga practice, chakra yoga can help support your spiritual practice. If you want to learn more, then you can check out a teacher training program that outlines the chakra system! Explore my Chakras knowledge hub to learn more about the Chakras from the blog. Check out my YouTube channel and find some yoga classes that you can try out for yourself! Join Uplifted for exclusive chakra content that you can access right from the app. Take a deep dive into your practice with me this year! Heading out the door? Read this article on the new Outside+ app available now on iOS devices for members! Download the app. Rolf Gates originally based his sequencing on opening the five lines of the body in order (as presented in Tom Myer’s Anatomy Trains), organizing his classes into seven chapters: (1) centering, (2) warm-ups, (3) standing poses, (4) balancing poses, (5) backbends and inversions, (6) finishing poses, (7) Savasana. As time passed and Gates’ 200-hour teacher trainings grew, he began to make the connections between the seven chapters in his sequencing and the seven chakras — realizing that the fascia lines of the body correlate to the meridians, which correlate to the nadis and chakras. “The reality is that almost every class that works is flowing along the chakras,” explains Gates, who’s been teaching sequencing according to the chakras for the last 10 years. “I didn’t have to know anything about the chakras to arrive at a skillful class. I had to have the intention of skillful class, and holding that intention I arrived at the chakras.” Now he thinks of sequencing in terms of opening the lines of connective tissue (the physiological component) as well as facilitating the chakras (the energetic and emotional component), organized in the same seven chapters as before. Examining the chakras and breaking down what they represent, Gates then uses language, postures, and cues to address the chakras and give students a fuller experience. “In the heart moment of class, you open your heart to the truth (fourth chakra). In the backbend sequence, you surrender to it (fifth chakra). In the finishing poses, you reflect on the truth (sixth chakra,) and then in Savasana you become the truth (seventh chakra),” Gates explains. Also see Sequencing Primer: 9 Ways to Plan a Yoga Class Rolf Gates’s Chakra Sequencing Tips Does all of that seem simple enough? Here’s the catch: Once a chakra has been expressed in a chapter of the sequence, Gates says that chakra’s qualities should be incorporated into the rest of class. In other words, you keep bringing these themes and qualities along. Take the first chakra for example: there needs to be grounding at the beginning of class as well as throughout the entire sequence. Gates purposefully uses Down Dog and Mountain Pose as re-grounding moments. Therefore, in a 90-minute class you’re incorporating earth for the entire 90 minutes, water for 85 minutes, fire for 60 minutes, heart for 45 minutes, throat for 30 minutes, reflection for 15 minutes, and realization for 5 to 10 minutes. “To be successful in a backbend you bring earth, you bring water, you bring fire, and you bring heart,” Gates says. “To be successful in Savasana you need the whole package.” Word of Advice (Chakra sequencing isn’t for newbies.) “I think the final piece to this is tremendous patience. You could take what I’ve given you and then you could spend three years, teaching five days a week to kind of figure it out for yourself. If you put pressure on yourself to try to enact it the following week, it’s going to cause a lot of pain and suffering,” attests Gates. For newer teachers, he recommends starting by picking one thing, be it sequencing, alignment, or a group of poses (any aspect of class), and then spend six months becoming really good at teaching that one thing. Then work on the next thing and over the course of a few years you will become pretty good at teaching the physical aspects of class. Then you go deeper. The connections between the chakras and the sequencing of a skillful class will become more obvious over time. 7-Chapter Yoga Sequencing for the 7 Chakras First

Chapter: Centering First Chakra: Stillness and Belonging Centering at the beginning of class is meant to ground and address the issues that arise in the root chakra, which is associated with the element earth and feelings of stability, security, belonging, and coming home. Students need time to re-establish a sense of inner stillness and quietude in order to feel grounded, and they must feel safe before we ask them to open up and work hard.

“Once you’ve delivered the root chakra, you’ve got them — you have their buy in,” affirms Gates. “everyone comes home, everyone wants to come home and everyone feels the power of being allowed to come home.” He specifically uses the word “home” throughout class to connect students to their first chakra. Also see Root Chakra Tune-Up Practice

Second Chapter: Warm-Ups Second Chakra: Playfulness and Delight During the warm-ups, Gates transitions into the second chakra with simple, repetitive, multi-joint movements, such as Cat/Cow. In other words, the class moves like water — the element associated with the sacral chakra. The second chakra is also the center of pleasure, playfulness, creativity, and delight; therefore, along with repetitive, multi-joint movements, the second chapter of class should also be playful, fluid, and rhythmic. From a place of safety and belonging, students get to play in flow and delight and feel good in their bodies before really going to work. Also see Sacral Chakra Tune-Up Practice Third Chapter: Standing Poses Third Chakra: Courage and Strength The third chakra, or navel or solar plexus chakra, is the center of your personal power, confidence, strength, willpower and discipline — embodied in strong, powerful standing poses such as Warrior II and Revolved Triangle (the ultimate third chakra gut check). As teachers, we want to evoke courage and personal strength through the series of standing poses. Also see Navel Chakra Tune-Up Practice Fourth Chapter: Balancing Poses Fourth Chakra: Expansiveness and Heart During the balancing segment of the sequence, Gates moves students into the heart chakra, associated with the element air and feelings of openness, compassion, love and joy.

While heart-opening poses are the obvious choice for the fourth chakra, balancing poses express the air element, lightness of being and expansiveness. It’s a timeless moment in class. The ultimate fourth chakra asana is Tree Pose with the arms spread out parallel to the earth, expressing the lateral axis of the heart chakra, or pulled together at heat’s center directing energy and attention there. Also see Heart Chakra Tune-Up Practice Fifth Chapter: Backbends and Inversions Fifth Chakra: Surrendering to the Truth Following the triumphant moment of light, airy, balancing in Tree Pose comes the backbending part of class. The intensity kicks back up as students enter the throat chakra. The fifth chakra is the center of vibration and sound, governing our ability to express what’s in our hearts as well as give our word to something. In backbends, the throat chakra is completely exposed and there’s a certain amount of vulnerability. (After all, doesn’t it feel vulnerable to speak your truth?) Also see Throat Chakra Tune-Up Practice Sixth Chapter: Finishing Poses Sixth Chakra: Reflecting on the Truth Finishing poses, such as seated hip openers and forward folds, are contemplative — turning us back into ourselves as we reflect on the experiences we’ve just had on the mat. It makes perfect sense to move the class into the third eye chakra, the center of awareness, intuition, wisdom, and realization, as the finishing chapter of the sequence. Also see Third Eye Chakra Tune-Up Practice Seventh Chapter: Savasana Seventh Chakra: Becoming the Truth Ideally, in Savasana, boundaries dissolve and the yogi gets to experience a truer state of being. In a sense, we become the truth. The seventh or crown chakra represents our ability to fully connect spiritually, experiencing higher planes of consciousness, and deep connection with ourselves, which is what Savasana is all about. “In the heart moment of class you open your heart to the truth (fourth chakra). In the backbend sequence you surrender to it (fifth chakra). In the finishing poses you reflect on the truth (sixth chakra) and then in Savasana you become the truth (seventh chakra),” Gates explains. Also see Crown Chakra Tune-Up Practice