

# Sacral Plexus Chakra Vinyasa Flow

## CLASS THEME: BE LIKE WATER

**Focus:** Emotional freedom, creativity, fluidity

**Chakra:** Sacral Plexus (Svadhithana) – Chakra 2

**Mantra:** "I allow myself to feel, create, and flow like water."

**Color:** Orange | **Element:** Water

### 1. Opening + Grounding (5 minutes)

- Easy Seated Pose + Pelvic Circles
- Seated Side Stretch + Cactus Arms
- Seated Cat-Cow

### 2. Core Activation Warm-Up (10 minutes)

- Boat Pose: 3 rounds of 5 breaths (low to high boat option)
- Tabletop -> Cat-Cow -> Downward Dog
- Three-Legged Dog with Hip Circles
- Low Lunge to Half Split Flow (3 rounds per side)
- Plank -> Chaturanga -> Cobra / Updog -> Down Dog (Vinyasa)

### 3. Standing Flow with Balancing Poses (25 minutes)

#### FLOW 1: GROUNDED & OPEN

- Mountain -> Chair Pose -> Chair Pose with Twist
- Warrior II
- Goddess Pose with Side Sway
- Star Pose -> Wide-Legged Forward Fold
- Runner's Lunge -> Step Back to Plank -> Vinyasa

#### FLOW 2: BALANCE & GRACE

- Mountain -> Tree Pose -> One-Leg Mountain
- Crescent Lunge -> Dip
- Crescent Lunge Twist -> Open Arms -> Crescent Lunge
- Plank -> Vinyasa

### 4. Floor + Deep Hips (12 minutes)

- Yogi Squat – Star Pose
- Lizard Pose (optional quad stretch or twist)
- ½ Pigeon Pose: 5-8 breaths per side
- Bound Angle: Fold forward slowly
- Supine Twist: Hands on belly/pelvis
- Happy Baby

### 5. Closing + Savasana (8 minutes)

- Pelvic Tilts or Bridge Pose
- Savasana with Orange Light Visualization + Chakra 2
- Optional mantra: *I feel, create, and flow*