

Each of the seven primary chakras of the body has its own spiraling energy pattern, vibration and color of the spectrum associated with it. If one or more of these energy centers is out of balance, then color, sound and energy healing may be used to restore the body's innate intelligence and well-being..

Playing with Yoga and the Seven Chakras

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1st Chakra: Muladhara/Root

This chakra center is located around the base of the spine, and when balanced, allows you to connect with nature and earth and to ground your spirit forces in your body. It also allows you to heal the relationships in your life.

Color: Red
Sound: Lam (sounds like mom)
Stones: Hematite, Smoky Quartz

2nd Chakra: Svadhisthana/Sacral

This chakra center is located around the sacrum and lower belly, and when balanced, allows you to use all of your creative forces in every aspect of your life. It also helps you to explore your sensuality and to facilitate healing in your life.

Color: Orange
Sound: Vam
Stones: Orange Calcite, Carnelian, Blue-Green Turquoise

3rd Chakra: Manipura/Solar Plexus

This chakra center is located around the navel, and when balanced, allows you to manifest what you truly desire in life. It also keeps your digestive tract operating efficiently.

Color: Yellow
Sound: Ram
Stones: Citrine, Yellow Jasper, Golden Calcite

4th Chakra: Anahata/Heart

This chakra center is located around the heart, and when balanced, allows more love into your life and connects you with the universal consciousness. It also helps you to release past traumas and to realize all beings are deserving of your love.

Color: Green or Pink
Sound: Yam
Stones: Rose Quartz, Pink or Rubellite Tourmaline, Jade

5th Chakra: Visuddha/Throat

This chakra center is located around the throat, and when balanced, allows you to express your truth through the power of your words, as well as through the clothes you wear and the art you create.

Color: Bright Blue
Sound: Ham
Stones: Sodalite, Blue Calcite, Blue Turquoise

6th Chakra: Ajna/Third Eye

This chakra center is located between the eyebrows, and when balanced, allows you to develop and utilize your imagination, to trust and channel your intuition, and to see divine perfection in everything.

Color: Purple
Sound: Aum/Om
Stones: Lapis Lazuli, Azilite, Sugilite

7th Chakra: Sahasrara/Crown

This chakra center is located around the crown of the head, and when balanced, allows you to truly know yourself and to know that your spirit is connected with the infinite spirit, thereby allowing you to experience true bliss.

Color: Gold or White
Sound: Silence
Stones: Amethyst, White Calcite, White Topaz

Sukhasana/Easy Seated Pose

Pranayama: Ujjayi Breath

Find a comfortable seated position, grounding down through your sitting bones, lifting up from the crown of your head. Rest your palms face up on your thighs. Inhale and Exhale through your nose, noticing the rhythm and quality of your breath. Gently constrict the back of your throat, creating a whispering ocean sound. Notice the space between the inhale and the exhale, and the exhale and the inhale. Lengthen each Inhale and Exhale and the space in between them.

Visualize Red swirling around your root chakra. Feel comforted by the gravity pulling you toward the earth. Life is abundant and will provide for you. Trust yourself and attend to your physical needs.

Breath of Joy/Conductor

Stand with feet slightly wider than hips. Inhale a sip of air through nose, swinging both arms up overhead. Inhale another sip of air, swinging arms out to the side, parallel to floor. Inhale another sip of air, swinging arms down to your sides and straight up overhead. Exhale with “ha” sound as you swing both arms down between your legs (as if chopping a piece of wood) as you bend your knees and fold forward, bringing your head and torso toward your hands. Repeat 4 times and notice how your energy has shifted.

Tadasana/Mountain

Engage Padha, Mula, Udiyana, Jaladhara Bandhas/Locks

Padha Bandha: Stand with your feet hip-width apart (or you may prefer to keep them together), distributing your weight evenly amongst the four corners of each foot, and evenly between both feet, engaging your upper thigh muscles to assist in keeping you centered and balanced.

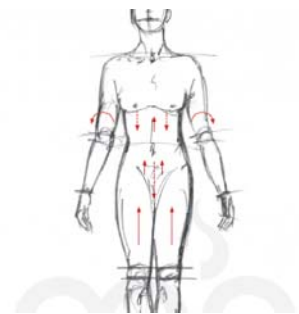
Mula Bandha: Activate and pull up on your pelvic floor muscles to assist in stabilizing your Powerhouse.

Udiyana Bandha: While breathing easily, engage your abdominal/core muscles by pulling your navel toward your spine (especially on the Exhale), as if you needed to squeeze into a small girdle.

Jaladhara Bandha: Lift your sternum keeping a very slight tuck in your chin. Allow your shoulder blades to slide down your back ribs as you lift up from the crown of your head toward the sky. By keeping your head and chin centered on top of your shoulders, you avoid being in Fight-Or-Flight/Sympathetic Mode.

Vrksasana/Tree

Standing in Tadasana, root your Lt foot down. Place your gaze on a non-moving object in front of you. Find your balance. Lift your Rt foot, placing the heel on your inner Lt ankle (Lev. 1), inner Lt calf (Lev. 2), or inner Lt thigh (Lev. 3). Press the foot into the calf or thigh (avoid the knee), creating more space in the hip while keeping the hips level. Bring your palms together in front of your heart, slowly lifting them overhead, and then out to the sides like a cactus (the elbows are shoulder-height, hands pointing upward with the palms facing forward). Drop the shoulder blades down the back ribs as you lift taller. *Nurture your creative desires!!* Switch sides.



Virabhadrasana II/Warrior II

Prep: From Prasarita Padottanasana/Wide legged stance, rotate Rt. foot out about 90 degrees and the Lt. foot in about 30 degrees, keeping the outer edge pressing into the floor and the inner arch in line with the heel of the Rt. foot.

Inhale the arms out to the side, parallel to the floor, extending through the fingertips. Draw the shoulder blades down the ribs.

Exhale, bending the Rt. knee so as not to extend it past the ankle (if it does, wiggle the foot forward for a wider stance). Keep the knee centered and stable. Gaze out over your fingertips.

Visualize Yellow swirling around your navel as you feel confident and powerful. You deserve what you truly desire and you are strong enough to manifest all of your dreams.

Cat/Cow Stretch (3-5x)

Prep: Kneel on mat, knees under hips, tops of feet resting on mat. Place hands on mat (middle finger pointing forward) under shoulders, spreading fingers, connecting entire surface of hand to the floor (like a gecko).

Inhale, look up, lifting tailbone, creating a slight arch in the lower spine.

Exhale, pull navel toward spine, look down, tucking chin, tucking tailbone under, resembling a scared cat.

Dog Tail Wag (3-5x ea. side)

Prep: Kneel on mat, knees under hips, tops of feet resting on mat. Place hands on mat under shoulders.

Inhale, keeping neutral spine.

Exhale, bring head and tailbone toward each other on one side.

Inhale, return to neutral spine.

Exhale, bring head and tailbone toward each other on other side.

Pelvic Tilts/Imprints (10-20 x)

Prep: Lie on mat with feet on floor hip-width apart, arms at sides. Rest your head on the mat, lengthening your neck to “neutral”. Keep a slight curve in your lumbar spine.

Exercise: **Inhale**, allowing a full chest expansion. **Exhale** for five seconds, drawing your navel toward your spine and tucking your tailbone slightly, as if someone laid a heavy bag of flour on your belly. Start with 10-20 reps and gradually increase to 50.

Savasana/Corpse Lie on back, legs extended, arms comfortably out from sides, palms facing up, neck neutral. **Inhale** red, orange, yellow in through your nostrils, trachea, bronchi and lungs, dropping the diaphragm as you expand through your belly and ribcage. **Exhale**, sink deeper into the earth, allowing each color to travel through every single cell of your entire body.

May we be protected; may we nourished; may we strive; may we become brilliant; may we not misunderstand one another. Let there be peace (3x). Aum, Shanti, Shanti, Shanti, Aum.

Sukhasana/Easy Seated Pose

Kapalabhati/Breath of Fire (Students with heart conditions and other diseases should first seek approval by their doctor before doing this exercise.) Find your breath slowing. Follow each **Inhale** and **Exhale** to completion, gradually slowing the **Exhale** more than the **Inhale**. Stay with this breath OR...**Inhale** a deep, full breath through the nose. **Exhale** forcefully, pulling the navel toward the spine, inward and upward, cinching your waistline. **Inhale** brief sips of air between **Exhales**. 20-30x, Pause, 20-30x

Tadasana/Mountain

Clasp hands behind your back, gently pulling arms down while keeping a slight bend at the elbows. Lift from your heart, gazing softly upward, feeling a small back extension. **Inhale green and pink into your heart, feeling the love and compassion inside your heart, inside this room.**

Exhale, sending love, compassion and forgiveness to your loved ones, and then to all 4 corners of the universe.

Ashtra Chandrasana/8 Crescent Moon Pose

Prep: Stand in Tadasana.

Step the Rt. Foot forward so the knee is directly above the ankle (not past) and the thigh is parallel with the floor with the toes pointing forward. Lift the Lt. heel comfortably high, balancing on the toes, which are pointing forward. **Inhale** raising the arms overhead, parallel with each other. **Exhale**, slide the shoulder blades down the back, lifting from the heart. Switch sides.

Salabasana/Locust

Prep: Lie on belly, forehead on floor or resting on folded hands. Bring feet together, resting on floor. Squeeze inner thighs together. Activate core muscles.

1. Place hands under shoulders. **Inhale**, gently press hands into floor, lifting head and shoulders off of mat. Continue breathing as you lift hands slightly off mat, retaining lift in head and shoulders and keeping cervical spine neutral. **Exhale**, replace hands to floor. Slide hands along sides, palms up. Drop Rt. ear to floor, resting comfortably.
2. Bring forehead to mat. With arms extended along sides and legs pressing together on floor, **Inhale**, lift head and shoulders off mat. Continue breathing. **Exhale**, drop Lt. ear to floor, resting comfortably.
3. Bring forehead to mat. With arms extended along sides and legs pressing together, **Inhale**, lift legs off floor, extending through toes. Continue breathing. **Exhale**, bring forehead to mat.

Setu Bandha Sarvangasana/Bridge

Prep: Lie on back, arms at sides, palms facing down. Bend knees, feet close to buttocks, hip-distance apart.

Inhale, feeling a slight arch in lower back. **Exhale**, tucking tailbone as lower back presses into floor. **Inhale**, press through feet, **Exhale**, engaging core, lifting hips, rolling lower spine off floor one vertebrae at a time. Wiggle shoulder blades slightly under toward heart, allowing hands to clasp. Keep neck neutral, shoulders and feet grounded, hips lifted, and knees parallel with hips. **Inhale**, lift higher, **Exhale**, slowly roll spine down to floor one vertebrae at a time.

Savasana/Corpse Lie on back, legs extended, arms comfortably out from sides, palms facing up, neck neutral.

Breathe into your abdomen, allowing it to rise up like a balloon. Breathe into your heart, allowing entire ribcage to expand. Imagine your heart, feeling the rhythm of it, seeing the shape and color of it, the pumping of your blood through your blood vessels, oxygenating every single cell of your body, keeping you alive. Now send pink or green light to it, filling it full of love and compassion for who you are, with every shortcoming, with every gift with which you have been blessed. Allow the love to travel through every artery and vein as you continue to inhale pure love into your being. This breath allows you to uncover and rediscover the truth of who you really are, who you've always been — and always will be. Allow your breath to soften your throat, the root of your tongue, your neck, your jaw as you imagine bright blue light dancing around your throat chakra, allowing your truth to be expressed fully, clearly, and exactly as you like.

Aum/Om

Sukhasana/Easy Seated Pose

Nadi Shodana/Alternate Nostril Breath. Sit comfortably. Bring your awareness to your breath, noticing how it enters and exits both nostrils as you slow the breath to a relaxing, cleansing rhythm. Curl Rt. index and middle fingers toward palm, with pinkie finger extended. Place ring finger over Lt nostril, **Inhale** through Rt. nostril 4 counts. Place thumb over Rt. nostril, holding 8 counts. Release Lt. nostril, **Exhaling** 8 counts. **Inhale** 4 counts through Lt. nostril. Close Lt. nostril, holding 8 counts. Release Rt. nostril, **Exhaling** 8 counts. Repeat by **Inhaling** through Rt. nostril.

Apanasana/Wind-Releasing Pose

Lie on back. Grab thighs under knees and pull gently toward chest, keeping shoulders relaxed and head resting on floor (or pillow). **Inhale** into the belly, allowing it to press against the knees, creating a deeper stretch in the lower back. **Exhale**, allowing the knees closer to the chest.

Balasana/Happy Baby Pose

From Apanasana, grab the bottom outer edges of the feet, keeping head and shoulders resting on mat. **Inhale**, gently pulling Rt. foot down, bringing Rt. knee toward Rt. shoulder. **Exhale** to center. **Inhale**, gently pulling Lt. foot down, bringing Lt. knee toward Lt. shoulder. **Exhale** to center. **Inhale**, gently pulling both feet down, bringing both knees toward both shoulders. **Exhale**, releasing tailbone toward mat.

Dandasana/Seated Staff Pose

Sit with legs extended in front of you. Find your ischial tuberosities/sitting bones and wiggle your buttocks so that your bones are grounding down to the earth as your spine lifts up taller through the crown of your head. (You may place your hands on the floor to assist a neutral spine.) Activate your thigh muscles and flex your feet, extending through the heels.

Ardha Matsyendrasana/Half Lord of the Fishes Pose

From Dandasana, bend your knees, bringing Rt. heel toward Lt. buttock and Lt. heel next to outer side of Rt. thigh. Clasp Lt. knee with both hands, grounding sitting bones and lifting up taller through the spine. Place Lt. hand on mat near buttocks. **Inhale**, lifting Rt. arm overhead. **Exhale**, slowly rotating torso, beginning with lower spine first. Clasp Lt. knee with Rt. hand or draw Rt. elbow across Lt. knee to leverage twist. **Inhale**, lift taller, **Exhale**, twist slightly farther. After several breaths, **Inhale**, rotating head Lt. **Exhale**. Take several breaths. **Inhale**, rotating head Rt., **Exhale**. Take several breaths. **Inhale**, rotating head Lt., **Exhale**, tucking chin slightly. **Inhale**, **Exhale**, untucking chin. **Inhale**, rotating head Rt. **Exhale**, tucking chin slightly. **Inhale**. **Exhale**, untucking chin. **Inhale**, rotating head back to neutral.

Repeat, bringing Lt. heel toward Rt. Buttock.

Utthita Balasana

Kneel on mat with knees together (for a deeper stretch) or knees wider (for a gentler stretch) and tops of feet resting on mat. Place hands on mat in front of you. Extend buttocks toward heels, placing forehead on mat. **Inhale**, reach, extend, allowing your belly to expand into or between your knees. **Exhale**, allowing your body to sink deeper into the floor.

Adho Mukha Svanasana/Downward-Facing Dog

From **Utthita Balasana** (Extended Child's Pose) with arms shoulder-width, knees hip-width apart. While firmly pressing your palms and spread fingers into the mat, tuck your toes under, lifting your hips up high. Keep your knees bent, heels lifted as you extend through the spine, allowing your head to hang with your ears resting between your upper arms. Straighten one leg, and the other, bicycling the legs from one calf stretch to the other. After warming the calves, straighten both legs to find your heels closer to or touching the floor while keeping a micro bend in your knees. **Inhale**, lengthen. **Exhale**, sink your heels further toward the mat.

If you have weak or injured wrists, try the **Puppy Pose**. From **Utthita Balasana** (Extended Child's Pose) with arms shoulder-width, knees hip-width apart, lift your hips up to stand on all fours. Keeping your hips above your knees, walk your hands forward until you feel your spine lengthen and chest open. Place your forehead on the mat. **Inhale**, lengthen. **Exhale**, sink deeper into the earth.

Balasana/Child's Pose

From **Adho Mukha Svanasana**, slowly lower your knees down to mat, forehead to mat, arms alongside calves, palms facing up. Knees can be together (for deeper stretch) or apart.

Savasana/Corpse Lie on back, legs extended, arms comfortably out from sides, palms facing up, neck neutral.

*Notice your breath. Notice where the body meets the ground, and where it does not. Begin to tighten the muscles of the toes, feet, calves and knees. **Inhale** deeply. **Exhale**, relax the feet and lower legs. Squeeze the thighs, the buttocks, the belly, and ribcage. **Inhale** deeply. **Exhale**, relax the feet, legs, and ribs. Contract the chest, shoulders, arms and fists. **Inhale** deeply. **Exhale**, relax the arms, shoulders and chest. Tighten the neck, jaw, throat, and facial muscles. **Inhale** deeply. **Exhale**, relax the head, neck, torso, arms and legs, feeling completely relaxed and supported. Begin to allow your attention to fade as you return to your natural breath.*

Sukhasana/Easy Seated Pose

Sit comfortably, feeling the base of your spine rooting into earth and the crown of your head lifting toward the sky. Imagine your body as a rainbow, with red twirling around the base of your spine, followed by orange, yellow, green, blue, purple, and gold shining around the very top!!

Chakra vibrational sounds: **Lam, Vam, Ram, Yam, Ham, Aum/Om ...**