

## Yoga for Chakras 1, 2 and 3

This class is not a 'full class' to work through all spinal directions, but is focused on the 3 Earth Chakras. It's more of a moving meditation.

Start and end the practice in Easy Seated pose with chants and mudras:

Sukhasana: Chant the seed mantra as you hold the mudra.

Buddhi Mudra – pinky finger to thumb LAM (Chakra 1)



Surya Ravi Mudra – Ring finger to thumb VAM (Chakra 2)



Shuni Mudra – middle finger to thumb RAM (Chakra 3)



Easy back into Shavasana. Do a few movements, such as windshield wipers (mild spinal twist), knees to chest (flowing one leg at a time), a little core engagement maybe, stretch hamstrings or any light movement that feels good. Then return to Shavasana and lie still as you do the following:

Visualize the color red at the root chakra. (repeat an affirmation, such as, "I feel deeply rooted.")

Visualize the color orange at the sacral chakra (repeat an affirmation, such as, "I allow myself to experience pleasure.")

Visualize the color yellow at the solar plexus (repeat an affirmation, such as, "I stand up for myself.")

Come onto table top (all 4's position)

Cat/Cow

Thread the Needle

Puppy Dog Pose

Flow: (both sides)

Down Dog

Anjaneyasana

Parivritta Anjaneyasana

Uttanasana

Utthita Tadasana

Standing Spinal Twist (hands to heart, or hands to hips/back)

Standing konasana (lateral flexion)

**Chakra 1:** Envision the red of the root chakra. Feel the feet grounding down through the earth.

**Utkatasana** – inhale, arms up, sit into chair and bring hands back as if for fist of fire and chant LAM.

Keep doing this at your own pace and when I ring the tingsha bell, we'll do one more. No 'stopping' between LAM's. Focus on MMMM sound – that's the longest part of the chant.

Uttanasana, Ardha Uttanasana, Tadasana, Konasana

**Charka 2: Warrior 2** - Flow arms and legs, chanting VAM. Inhale, straighten legs and move hands into center, exhale, go into W2 and chant VAM. Keep doing this at your own pace until I ring the bell and then we'll do one more.

Turn to the back wall and repeat on the other side.

Prasarita Padottanasana, then turn back to front of mat and step into Tadasana – feet together.

**Chakra 3:** Envision the color yellow at the solar plexus. As we flow from Mountain into Twisting Chair (parivritta Utkatasana) right then left, we'll exhale and twist while chanting RAM. Repeat until I ring the bell. We'll finish the set we are on (left side last) after I ring the bell.

Sukhasana: Chant the seed mantra as you hold the mudra.

Buddhi Mudra – pinky finger to thumb LAM (Chakra 1)



Surya Ravi Mudra – Ring finger to thumb VAM (Chakra 2)



Shuni Mudra – middle finger to thumb RAM (Chakra 3)

