



I understand



I see



I speak



I love



I do



I feel



I am

# Chakra Yoga

23th JUNE 2023

Week 2

Virginia Walker -  
YTT 500hr  
& Doula

**GOLDSTER**★  
THE BEST SOLUTION FOR YEARS

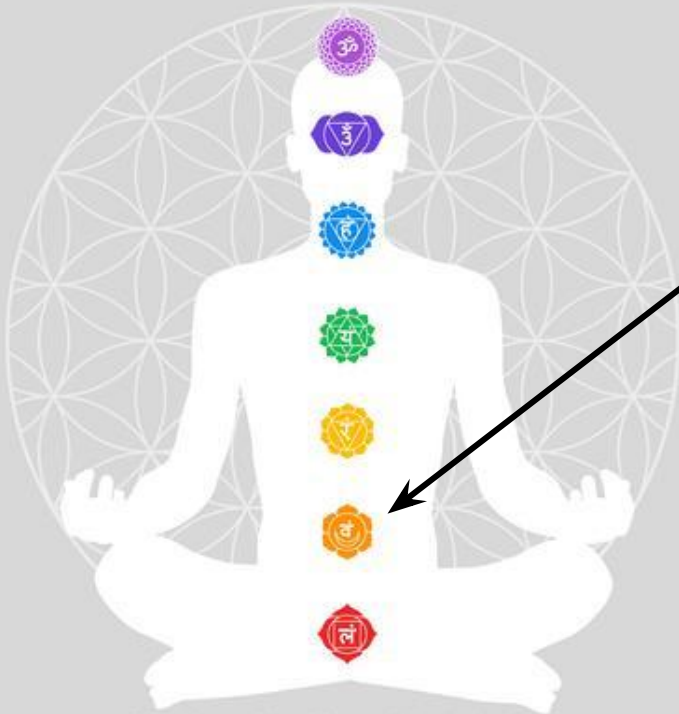
# Chakra Yoga – Week Two

## Svadhithana - Sacral Chakra “Sweetness”

- Introduction to 2nd Chakra - Svadhithana - Sacral
- Physical Body
- Energetic Body
- Emotional Body
- Our Rights
- Imbalances in this Chakra
- A balanced Chakra
- Incorporating elements into a flowing practice

# THE MAIN CHAKRAS

for beginners



1.

MULADHARA  
मूलाधार



Root  
Chakra

- Located at the base of spine
- Purposes: kinesthetic feelings, movement
- Color: red

2.

SVADHISHTHANA  
स्वाधिष्ठान



Sacral  
Chakra

- Located at the lower abdomen to the navel
- Purpose: emotional connection
- Color: red

3.

MANIPURA  
मणिपुर



Solar  
Plexus  
Chakra

- Physical location: solar plexus
- Purpose: mental understanding of emotional life
- Color: yellow

4.

ANAHATA  
अनाहत



Heart  
Chakra

- Located at the center of the chest
- Purpose: emotional empowerment
- Color: green or pink

5.

VISHUDDHI  
वशिष्ठि



Throat  
Chakra

- Located at: throat, neck region
- Purpose: Learning to take responsibility for one's own needs
- Color: blue

6.

AJNA  
आज्ञा



Third eye  
Chakra

- Located at the center of the forehead
- Purposes: action of ideas, insight, mind development
- Color: white, purple or indigo

7.

SAHASRARA  
सहस्रार



Crown  
Chakra

- Located at the top of the head
- Purposes: intuitive knowing, connection to one's spirituality, integration of the whole
- Color: white or violet

All credits for this free guide go to PsychicsandSis Daily - retrieved from <https://www.karmadigest.com/>

Image - iStock by Getty Images

**GOLDSTER** ★  
THE BEST SOLUTION FOR YEARS



I understand



I see



I speak



I love



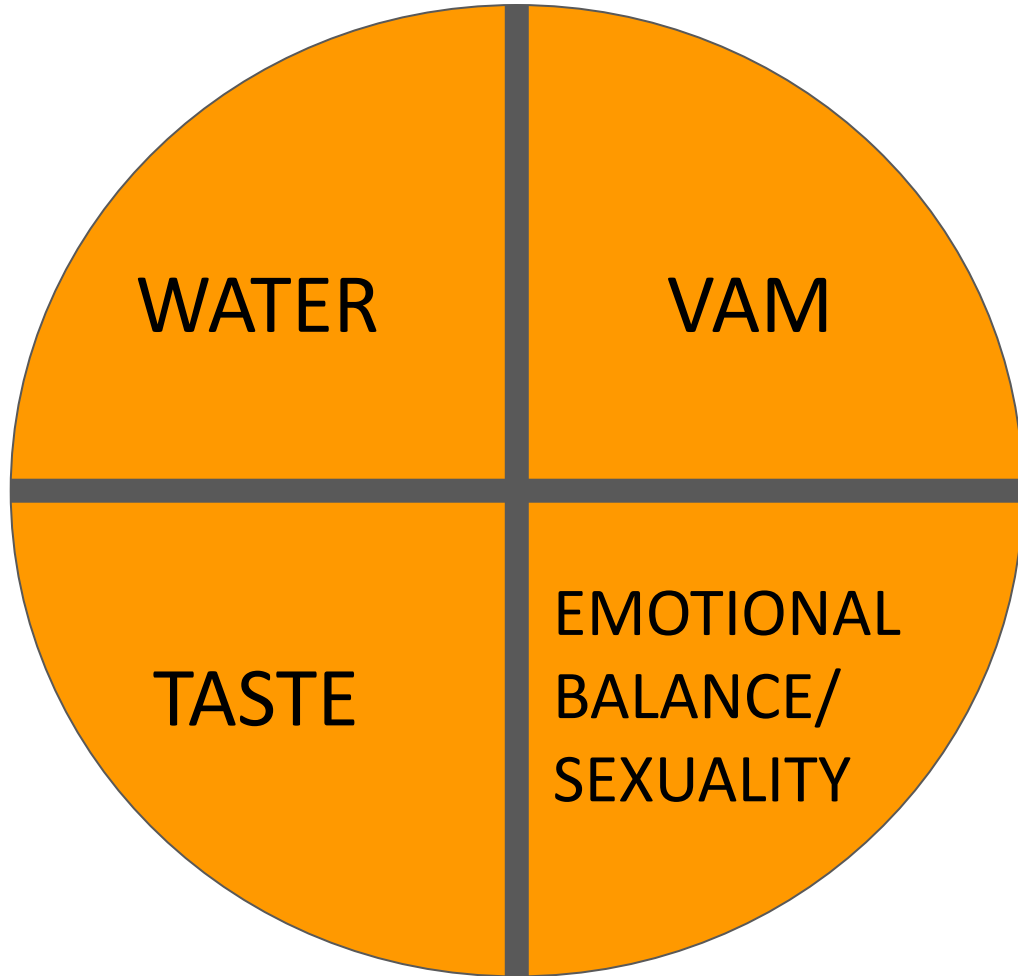
I do

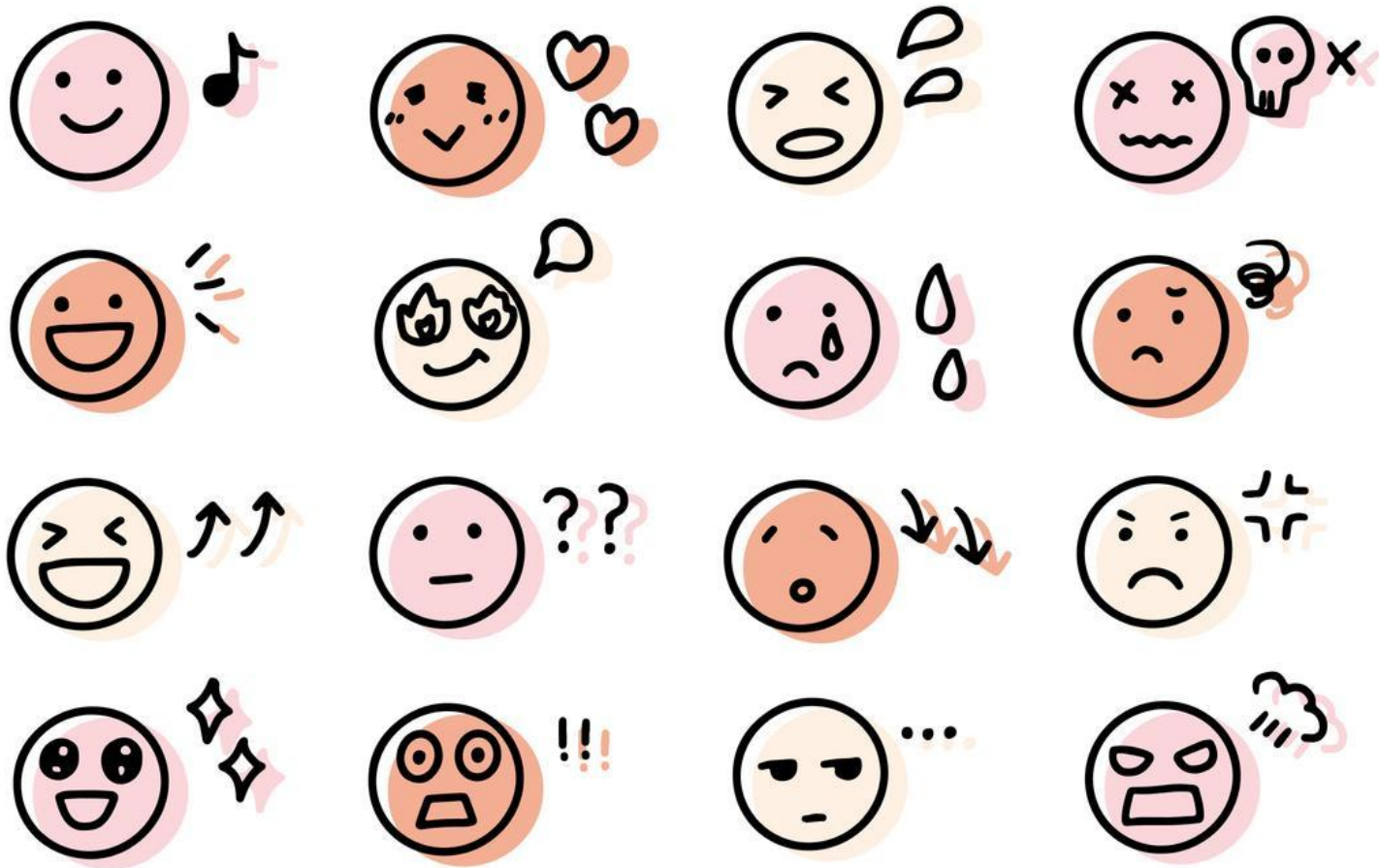


I feel



I am





# The Foundation of Survival & Security

- Our right to feel - anger, sadness etc
- Our right to express our emotions
- Feeling is the way we obtain important information
- Our right to want
- If we cannot feel, how do we know what we want?

# Chakra Imbalances

- Emotionally unbalanced
- Guilt and shame
- Over sensitive
- No sense of humour
- Hard on oneself
- Frigid / impotent
- Rigid
- Unable / hard to cope with change
- Fantasist
- Destructive
- No sex appeal
- Sexually addictive
- Addiction and Alcoholism



# Balanced Chakra

- Trusting
- Faith
- Spontaneous
- Pleasant
- Charismatic
- Creative
- Expressive
- Attuned to feelings
- Healthy Sexual life
- Sex appeal
- Ability to go with the flow
- Connects with pleasure and fun in the everyday

# How to Balance Chakra

- Wear orange / orange objects around
- Add pleasure and fun into everyday
- Be creative with no pressure on outcome
- Objects around with make you happy
- Make your home a happy place - flowers/smells/entertaining
- Name your feelings as they come up
- Meditation / mindfulness
- Open, honest & vulnerable with partners/family/ friends
- Open mindedness
- Swim or be near water
- Flowing, repetitive movements
- Singing / dancing / self expression
- Crystals - Citrine, Moonstone, Golden Topaz

# Questions and Affirmations

- How do I define healthy sexuality?
- How can I access my creative energy?
- How can I access the rhythm of life?
- How much am I able to except change in my life?
- Do I respect my Yin and Yang?
- Am I able to receive and give?
- Can I believe I can have my desires met without making sacrifices?
- Is there a character/personality I respect/like their character and life - can I resemble aspects of their life?

# Poses Overview

## Svadhithana

- Marjaryasana - Cat
- Bitilasana - Cow
- Anjaneyasana - Low Crescent Lunge
- Virabhadrasana II - Warrior 2
- Ardha Bhekasana - Half Frog Pose
- Vrksasana - Tree Pose
- Baddha Konasana - Bound Angular Pose
- Eka Pada Rajakapotasana - One Legged Pigeon Pose