



I understand



I see



I speak



I love



I do



I feel



I am

Chakra Yoga

30th JUNE 2023

Week 3

Virginia Walker -
YTT 500hr
& Doula

GOLDSTER★
THE BEST SOLUTION FOR YEARS

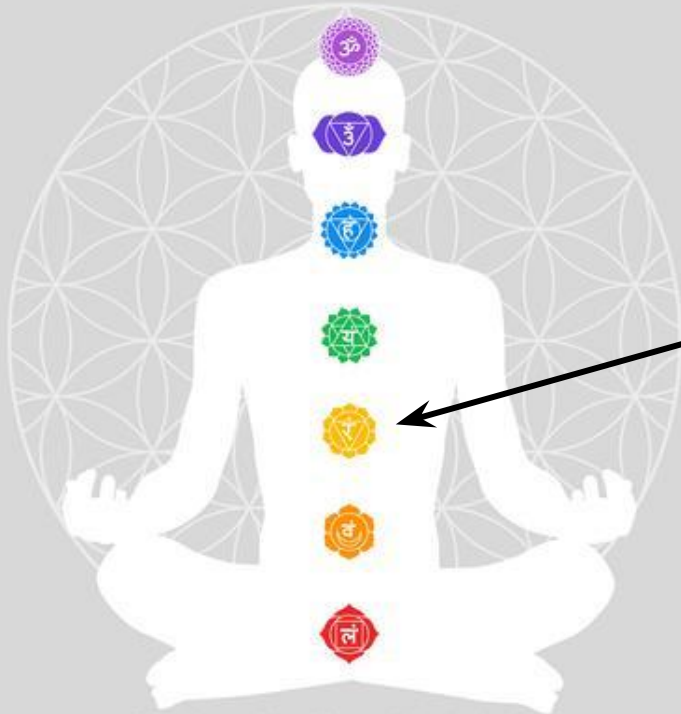
Chakra Yoga – Week Three

Manipura - Solar Plexus Chakra “City of Jewels”

- Introduction to 3rd Chakra - Manipura - Solar Plexus
- Physical Body
- Energetic Body
- Emotional Body
- Our Rights
- Imbalances in this Chakra
- A balanced Chakra
- Working with Uddiyana Bandha – the abdominal lock
- 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

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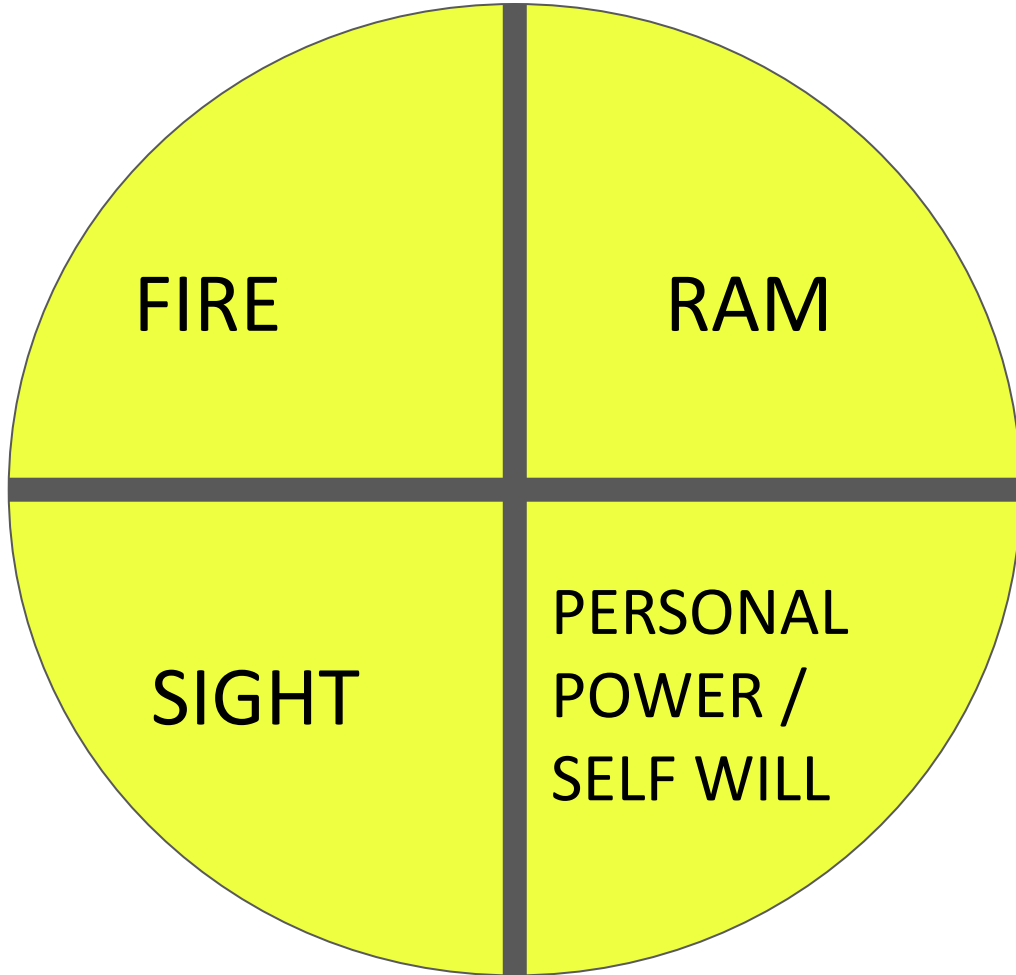
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The Foundation of Survival & Security

- Our right to act
- Inner authority
- Cultural behaviour patterns
- Our right to be free

Chakra Imbalances

- Arrogance
- Angry
- Timidity / shyness
- Acid digestion / heartburn
- Lost sense of worth / Direction in life
- Stagnation in life
- Controlling
- Digestive issues
- Self doubt
- Lack of drive
- Cowardly
- Disrespectful
- Keeping small
- Submissive
- Workaholic
- Eating Disorders

Balanced Chakra

- Confident
- Strong sense of self
- Clarity of situations
- Self esteem
- Respectful
- Personal power
- Spontaneous
- Uninhibited
- No separateness
- Ability to take risks

How to Balance Chakra

- Wear yellow / yellow objects around
- Yoga - twist poses
- Engaging in activities which give confidence and self esteem
- Being of service to others
- Understanding all life's experiences have brought you to the present place
- Practicing acceptance
- Meditation / mindfulness
- Do not drink iced drinks/water
- Repeat positive affirmations
- Crystals - Yellow Citrine, Topaz, Sunstone

Questions and Affirmations

- What risks can I take today?
- Where am I letting others walk over me?
- Where can I put in loving boundaries?
- How can I make myself feel empowered?
- Who do you admire who really acts from an empowered place?
- What would they do in a challenging situation?
- How do you use your anger?

Poses Overview

Manipura

- Marjaryasana - Cat
- Bitilasana - Cow
- Surya Namaskar A - Sun Salutations A
- Warrior poses
- Parivrtta Parsvakonasana - Revolved Right Angle Pose
- Parivrtta Utkatasana - Revolved Chair Pose
- Plank Pose
- Navasana - Boat Pose
- Supta Padangusthasana A & C - Reclined Big Toe Pose
- Uddiyana Bandha - Abdominal Lock