



Chakra Yoga

02 JUN 2023

Week 6

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YTT 500hr
& Doula

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Chakra Yoga – Week Six

Ajna - The Third Eye Chakra

“To Know”

&

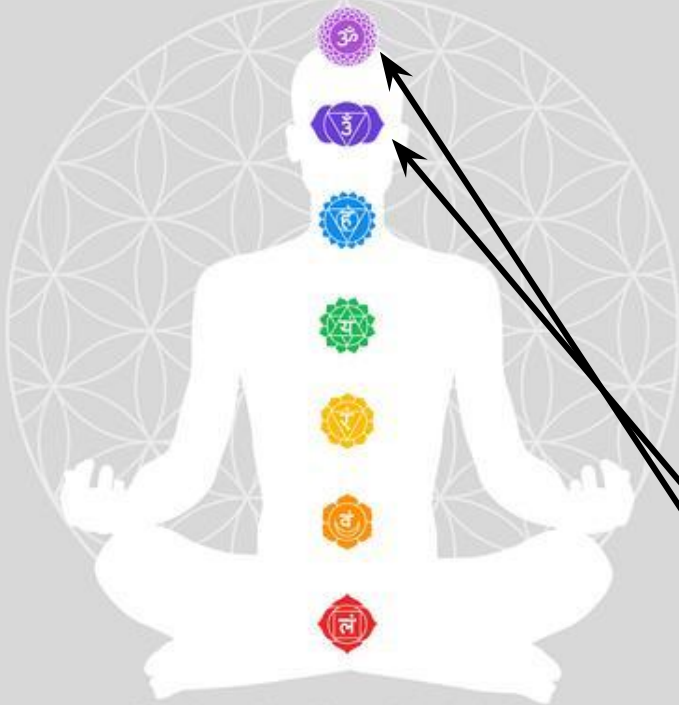
Sahasrara - The Crown Chakra

“Thousandfold”

- Introduction to 6th & 7th Chakras - Ajna & Sahasrara
- Physical Body
- Energetic Body
- Emotional Body
- Imbalances in this Chakra
- A balanced Chakra
- Incorporating elements into a flowing practice

THE MAIN CHAKRAS

for beginners



- | | | | |
|----|-------------------------------------|---|---|
| 1. | MULADHARA
मूलाधार |  | Root Chakra <ul style="list-style-type: none">• Located at the base of spine• Purposes: kinesthetic feelings, movement• Color: red |
| 2. | SVADHISHTHANA
स्वाधिष्ठान |  | Sacral Chakra <ul style="list-style-type: none">• Located at the lower abdomen to the navel• Purpose: emotional connection• Color: red |
| 3. | MANIPURA
मणिपूर |  | Solar Plexus Chakra <ul style="list-style-type: none">• Physical location: solar plexus• Purpose: mental understanding of emotional life• Color: yellow |
| 4. | ANAHATA
अनाहत |  | Heart Chakra <ul style="list-style-type: none">• Located at the center of the chest• Purpose: emotional empowerment• Color: green or pink |
| 5. | VISHUDDHI
वशिद्धि |  | Throat Chakra <ul style="list-style-type: none">• Located at: throat, neck region• Purpose: Learning to take responsibility for one's own needs• Color: blue |
| 6. | AJNA
आज्ञा |  | Third eye Chakra <ul style="list-style-type: none">• Located at the center of the forehead• Purposes: action of ideas, insight, mind development• Color: white, purple or indigo |
| 7. | SAHASRARA
सहस्रार |  | Crown Chakra <ul style="list-style-type: none">• 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 Psychology 48a Daily - retrieved from <https://www.knowyourchakras.com>

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Chakra Cleansing & Balancing Mudras & Mantras

LAM



ROOT CHAKRA
MULADHARA
(SURVIVAL)
Base of Spine,
on Perineum



Thumb & Index fingers touch. Arms Straight, hands on knees. Chakra Sound... Long: L-A-A-A-M

VAM



SACRAL CHAKRA
SWADHISTHANA
(CREATIVITY)
Hips



Place Hands in your lap with your palms facing upwards, right palm resting on top of left. Chakra Sound... Long V-A-A-A-M

RAM



SOLAR PLEXUS CHAKRA
MANIPURA
(WILL POWER)
Two-Inches Below Navel



Place Hands between your heart and your stomach. Chakra Sound... Long R-A-A-A-M

YAM



HEART CHAKRA
ANAHATA
(Love)
Heart



Right Hand: Index finger & thumb touching at Heart Centre. Left Hand in same Mudra resting on the Knee. Chakra Sound... Long Y-A-A-A-M

HAM



THROAT CHAKRA
VISHUDDHA
(EXPRESSION)
Throat



Hand by Stomach, fingers interlaced & thumb tips touching. Focus on Throat Chakra. Chakra Sound... Long H-A-A-A-M

AUM



THIRD EYE CHAKRA
AJNA
(INTUITION, WISDOM)
Third Eye



Hands in front of the lower part of your breast. Middle fingers stand up tips touching, other fingers bent at first joint as shown. Chakra Sound Long A-A-A-U-U-M

ANG



CROWN CHAKRA
SAHASRARA
(SPIRITUAL CONNECTION)
Crown



Hands in front of your stomach, fingers interlaced. Little fingers pointing upwards. Chakra Sound... Long A-A-A-N-G



I understand



I see



I speak



I love



I do



I feel



I am

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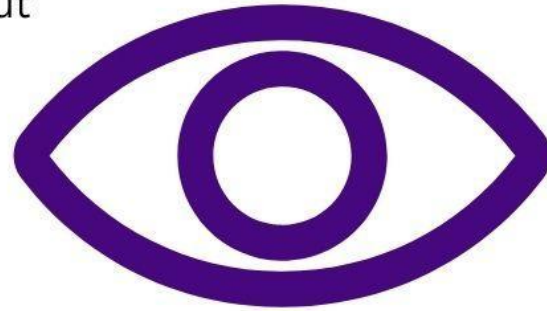
AJNA

The Seat of The Master

Truth

Ability to see without
the eyes

Reality



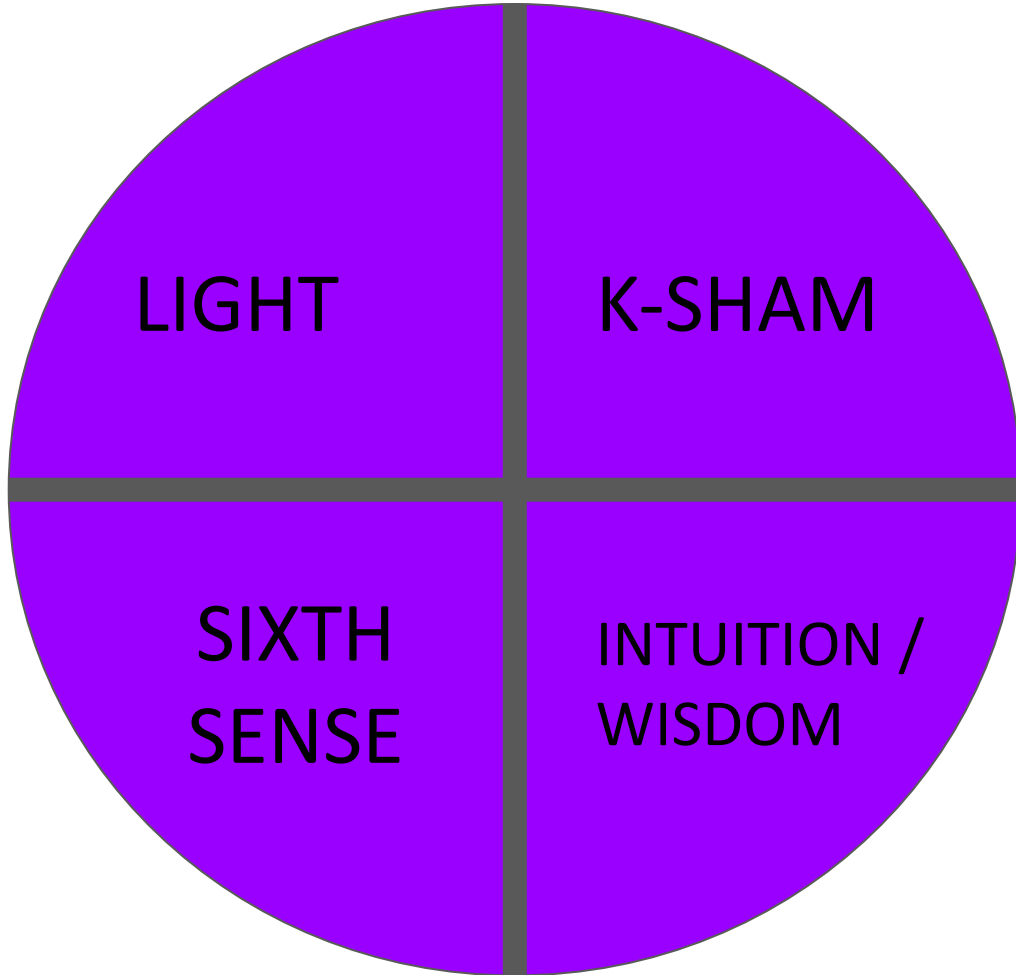
Wisdom

Mature consciousness

Divine Intellegence

Clear thoughts

Image - © Virginia Walker



Chakra Imbalances

- Distorted perception
- Highly logical
- Undisciplined
- Fears success
- Nightmares
- Headaches

Chakra Balanced

- Recognising it is our job to work on ourselves
- Ability to see things as they are
- Open minded
- Focused
- Highly intuitive
- Unattached to material things

How to Balance Chakra

- Wear indigo / violet, indigo / violet objects nearby
- Meditation
- Crystals - Amethyst, Azurite, Clear Quartz
- Trust in & act upon gut feelings
- Add quiet moments, pauses of stillness in your day
- Mindfulness
- Burning incense
- Set gaze on candle flame

Poses Overview

Ajna

- Neck Stretches
- Siddhasana - Perfect Seat
- Balasana - Childs Pose
- Lifting Drishti - Lifting Gaze in Poses
- Meditation
- OM Chant

Light

Radiance

Meditation

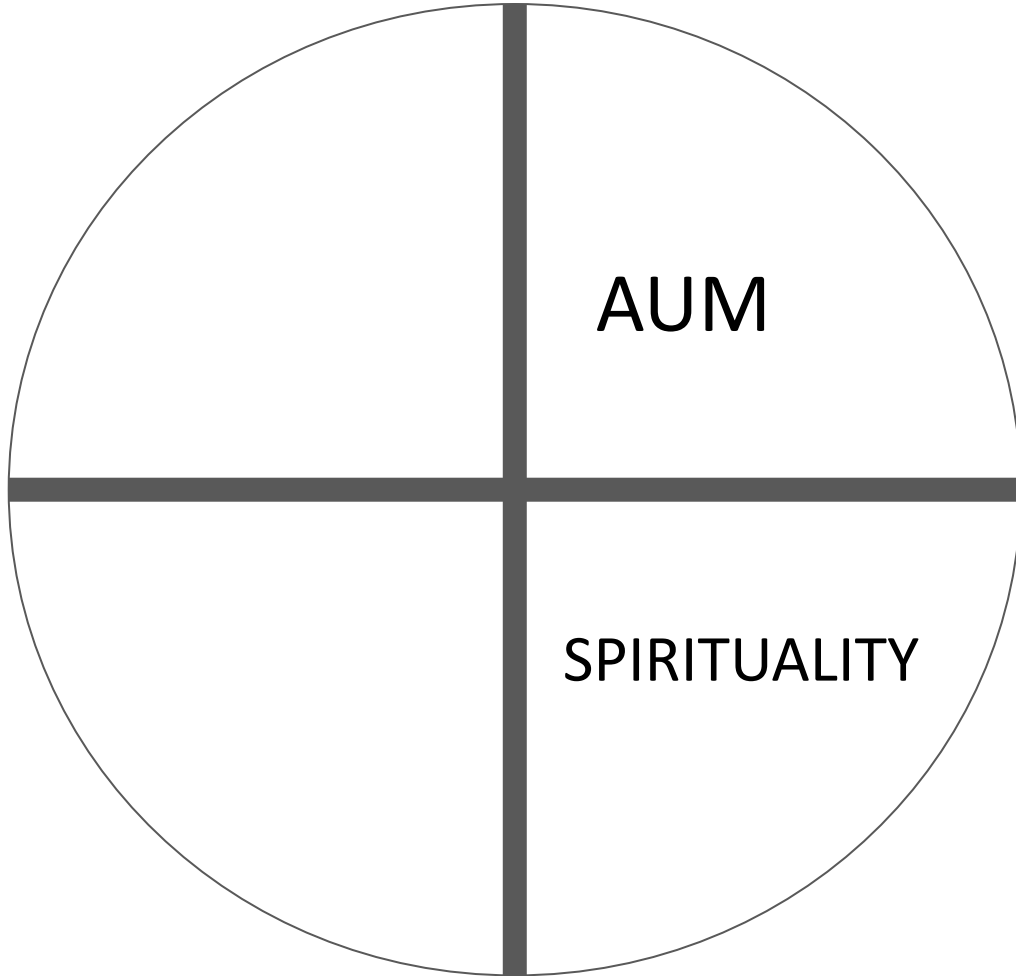
Flow

Stillness



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Chakra Imbalances

- Cannot make decisions
- Depression Disorders
- Psychotic
- Frustration
- No sense of belonging

Chakra Balanced

- In touch with spiritual life
- Spirit awakening
- Magnetic personality
- At peace with self
- Trusting
- Non attachment

Poses Overview

Sahasrara

- Pre-meditative Asana - Grounded Yoga Sequence
- Meditation
- OM Chant