



I understand



I see



I speak



I love



I do



I feel



I am

# Chakra Yoga

21 JULY 2023

Week 6

Virginia Walker -  
YTT 500hr  
& Doula

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# Chakra Yoga – Week Six

Ajna - The Third Eye Chakra

“To Know”

&

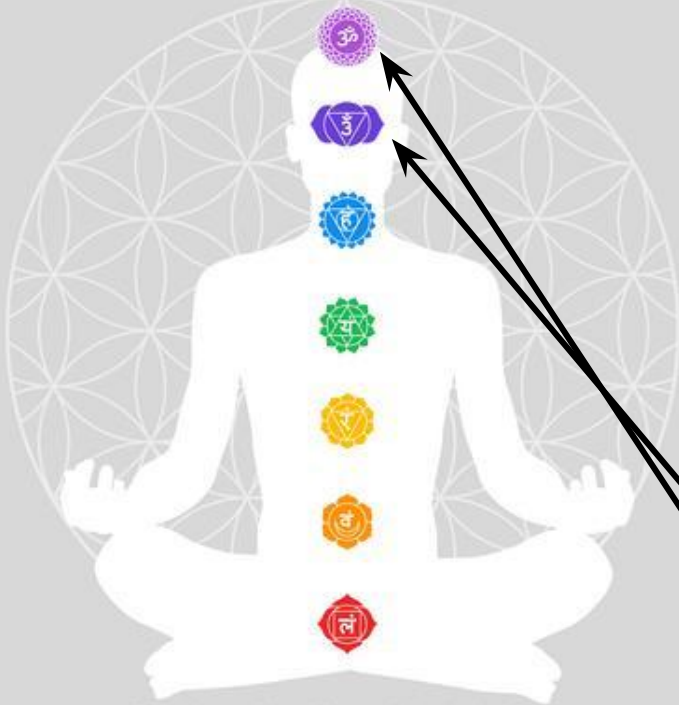
Sahasrara - The Crown Chakra

“Thousandfold”

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

# THE MAIN CHAKRAS

for beginners



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

MP assets for this item given as: Physicians 004 Data - retrieved from <https://www.knowyourgenetics.com>

Image - iStock by Getty Images

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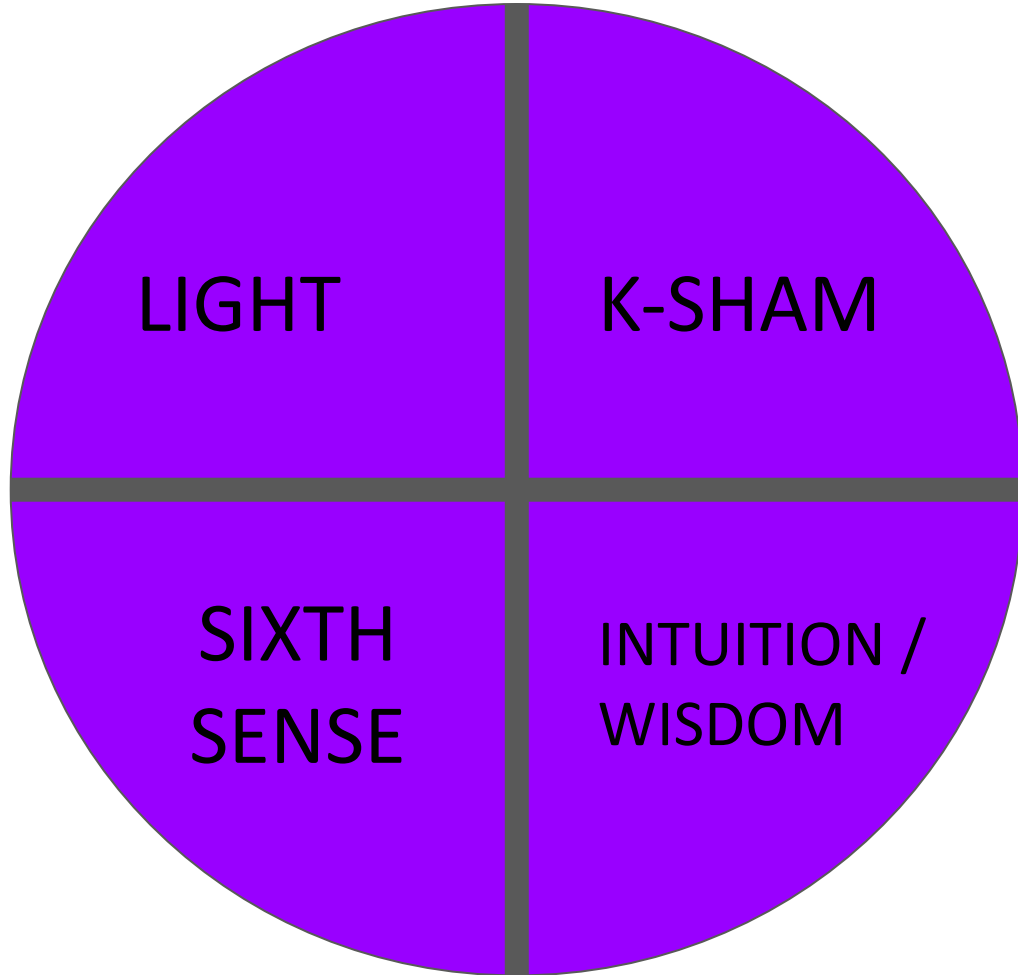


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AJNA



# The Foundation of Survival & Security

- Our right to see
- Our perception
- Hidden or denied
- Trauma

# 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

# Sahasrara

Light

Radiance

Meditation

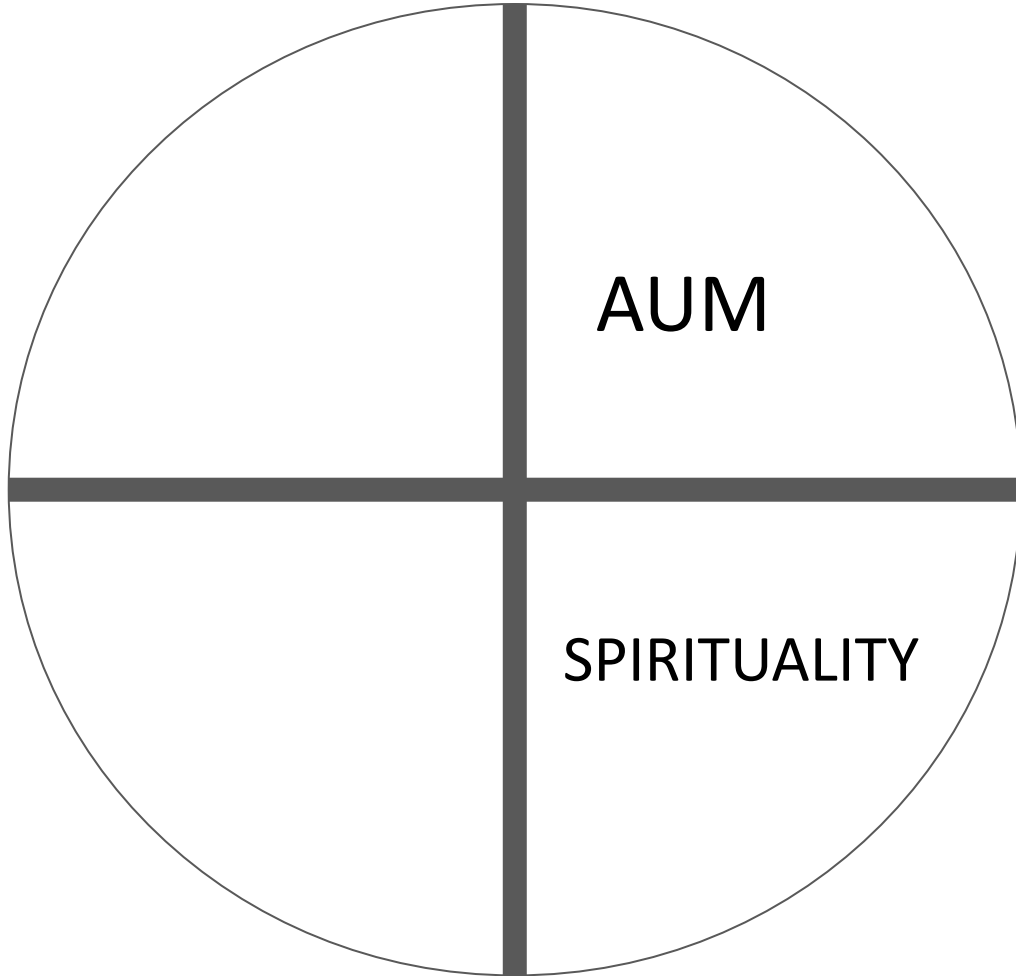
Flow

Stillness



Image - © Virginia Walker

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# The Foundation of Survival & Security

- Our right to know
- Our right to accurate information
- Our right to truth
- Our right to knowledge
- Our right to know what is going on
- Education
- Spirituality

# 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