



I understand



I see



I speak



I love



I do



I feel



I am

# Chakra Yoga

14th JULY 2023

Week 5

Virginia Walker -  
YTT 500hr  
& Doula

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THE BEST SOLUTION FOR YEARS

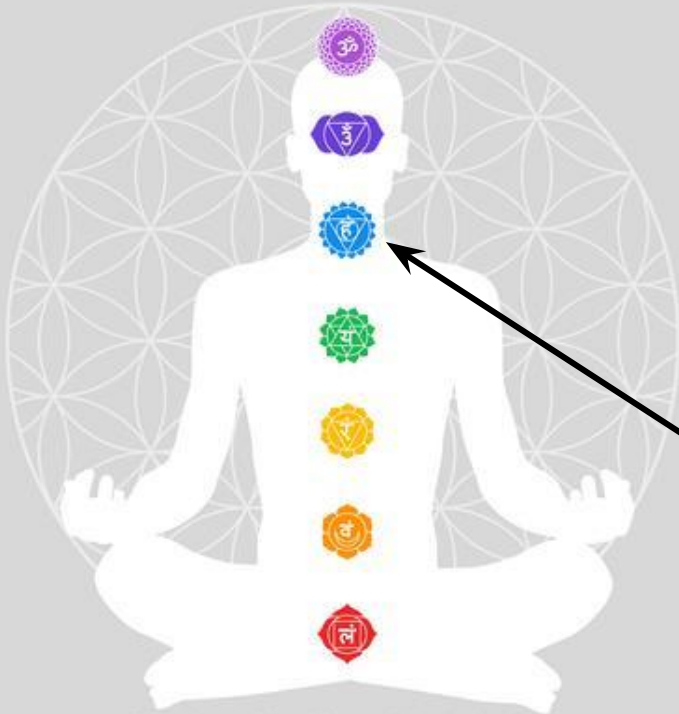
# Chakra Yoga – Week Five

## Vishuddha - The Throat Chakra “Purification”

- Introduction to 5th Chakra - Vishuddha - Throat
- Physical Body
- Energetic Body
- Emotional Body
- Our Rights
- Imbalances in this Chakra
- A balanced Chakra
- Working with Jalandhara Bandha – the throat lock (popping lid on the pot)
- 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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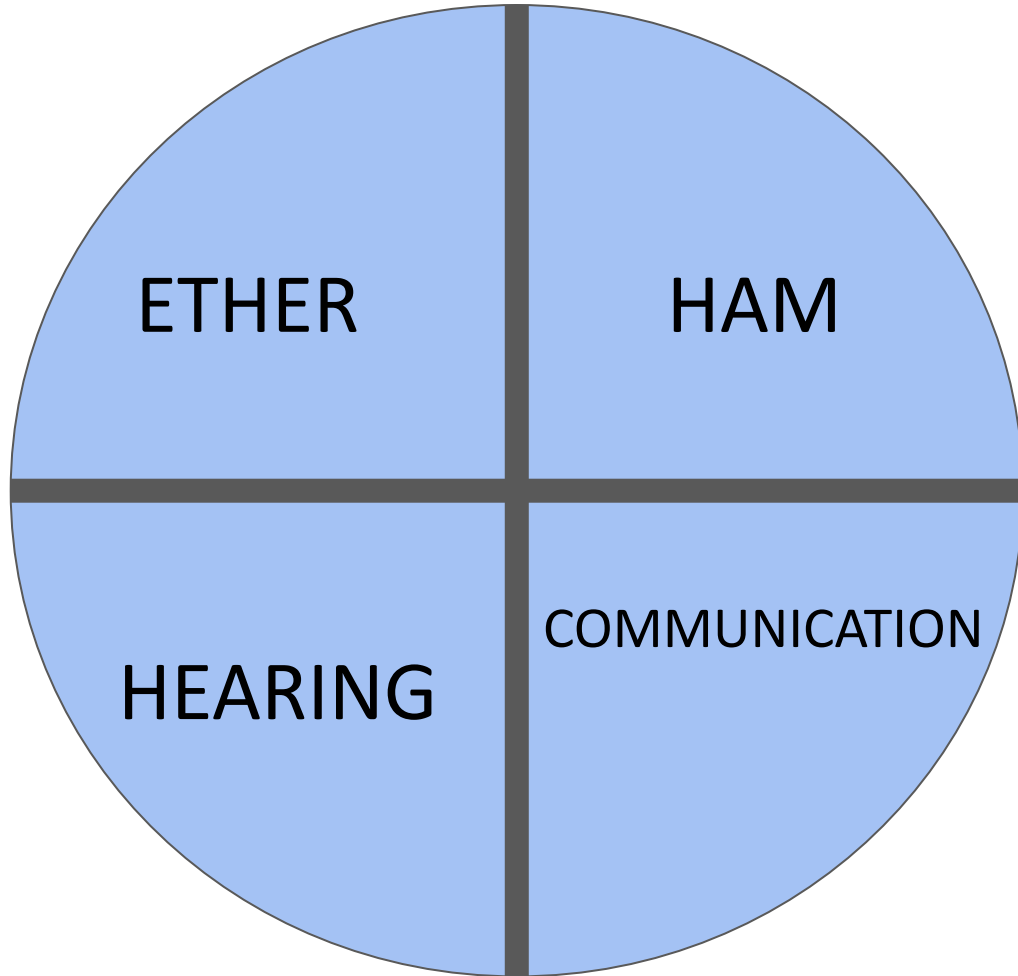
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# The Foundation of Survival & Security

- Our right to speak and hear truth
- Our right to speak truthfully
- Secrets
- Clear communication

# Chakra Imbalances

- Over talkative
- Dogmatic
- Unreliable
- Inconsistent views
- Creative blocks
- Arrogant
- Self righteous
- Holds back from self expression
- Discomfort in silence
- Unable to communicate
- Lump in throat
- Unable to listen to others
- Unable to be in the present moment

# Balanced Chakra

- Present
- Clear communicator
- Contented
- Meditates with ease
- Artistically inspired
- Ability to make decisions
- Thought and speech slow down
- Good listener
- Communicate from the heart - love and kindness
- Acknowledge talents
- I am good enough



# How to Balance Chakra

- Wear blue, have blue objects nearby
- Sing / hum / chant
- Crystals - Lapis Lazuli, Turquoise, Aquamarine
- Throat opening yoga poses
- Speak from a loving and kind place
- Speak authentically
- No gossiping - is my speak loving and kind?
- Positive affirmations
- Neck stretches
- Meditation / mindfulness

# Questions and Affirmations

- What can I do today which is creative?
- How can I strengthen my voice today?
- Do I check in with my posture throughout the day?
- How do I feel about expressing anger?
- Do I need to spend some time cleansing my body from toxins?
- I am starting to speak up for myself
- I actively listen to others

# Poses Overview

## Vishuddha

- Neck Stretches
- Adho Mukha Svanasana - Downward Puppy Variation
- Matsyasana - Fish Pose
- Sarvangasana - Supported Shoulder Stand
- Reverse Plank Pose
- Jalandhara Bandha - Throat Lock