

YOGA 2 HEAR

CHAKRA YOGA

VOL.2

Sue Fuller



A GUIDED YOGA CLASS
TO BALANCE THE CHAKRAS

This guide book must only be used in conjunction with the accompanying audio session.

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Before you start.

Thank you for purchasing the Yoga 2 Hear Chakra Yoga Vol.2 class download. Our classes have been created to provide top quality achievable and effective Hatha yoga instruction that can be used whenever and wherever you choose. With Yoga 2 Hear audio yoga classes you can close your eyes and concentrate 100% on the clear and easy to follow instructions, this allows you to gain the maximum benefits from each class.

Please ensure you listen carefully to the Introduction and that you strictly follow its recommendations at all times.

Make sure that the area in which you are following this class is warm and free from any obstructions. You will need enough room to move your arms and legs in all directions whilst sitting and laying on your yoga mat.

Always use a non-slip Yoga mat and never force your postures, just relax into them. Should you feel pain or discomfort at any time during this class relax the posture immediately.

Slow controlled breath is a fundamental part of Hatha Yoga. It assists the postures and with regular practice you will find that your breath becomes easier to control, your postures will deepen naturally and your mind will become more focussed. If however you feel the need to take extra breaths at anytime during this class please do so.

If, at anytime during this class you find that your mind wanders, you may find it helpful to focus your attention on to the sound of your breathe entering and leaving your body.

We recommend that you use this class with a relatively empty stomach. Before you eat or at least 2 hours after a light meal is ideal.

We hope you enjoy this class and are keen to hear any comments you may have. If you would like to let us know what you think or would like information on our range of classes please visit us at www.yoga2hear.com.

Chakra Yoga Vol.2

Introduction.

This guide booklet contains photos and descriptions of the various postures used in the class together with a Chakra map and colour chart. The photos can be used to help you form a mental image of the postures should you need to do so whilst the map and colour chart can be used to help you with the visualization aspects of this class.

The Chakras.

Chakras are dense areas of pranic energy that spin in a clockwise direction. Chakras are positioned all over the body, the seven major ones are located between the base of the spine and the crown of the head. Each one influences and balances different emotions, conditions, behaviours, senses, organs and body parts. They are different in colour, frequency and size. When one of these chakras becomes unbalanced it can affect our entire wellbeing.

The seven main charkas are as follows;

Muladhara Chakra (root chakra).

Muladhara or the root chakra is located at the base of the spine. This chakra is the most important chakra as it provides support for the six chakras that are aligned above it. This chakra will keep us grounded and well balanced.

It is a rich red colour and its corresponding element is earth.

Muladhara connects us to the earth. When balanced it reminds us that we are protectors of the earth not destroyers.

It is associated with the large intestine, the excretory organs, adrenal glands and our survival instinct.

Svadhishthana Chakra (the sacral chakra).

The Svadhishthana Chakra is located just below the navel. It is orange in colour and its corresponding element is water. This chakra governs the emotional and sensual aspects of our lives. When this chakra is unbalanced it is greatly reflected in our emotional behaviour

The element of this chakra (water) is a constant reminder that we all experience movement and emotional changes. Water moves freely, when it is out of control it is extremely powerful. It is associated the lymphatic system, kidneys, bladder, sexual organs, taste, vitality, creativity and compulsiveness.

Manipura Chakra (the solar plexus chakra).

Manipura chakra – literally translates to mean “The City of Jewels”. When Manipura is balanced it will bring riches such as clarity, wisdom, bliss, self-confidence, self- assurance and the ability to make the correct decisions.

Manipura gives us our “get up and go”. It is yellow in colour and its corresponding element is fire. This fire is regarded as having the ability to burn away negativity making way for positive change. It is associated with the stomach, liver, nervous system, gallbladder, small intestine, spleen, pancreas, sight and emotions such as jealousy and self- pity.

Anahata Chakra (the heart chakra).

Anahata translates from Sanskrit to mean “unstruck” or “unhurt”, meaning that beneath any personal suffering and heartbreak resides unconditional love and compassion. Anahata is not to be underestimated the energy contained here is boundless, infinite and powerful.

Anahata Chakra is located in the centre of the chest, it is coloured green and its corresponding element is air. When this chakra is balanced we enjoy a sense of peace and harmony. It is associated with the heart, circulation, blood pressure, lungs, ribs, upper back and emotions such as love, empathy, compassion and humanity.

Vishuddha (the throat chakra).

Visha means impurity or poison and Shuddhi means purification. This Chakra is therefore the centre of physical and spiritual purification. Vishuddha is sky blue in colour, its corresponding element is ether and it largely influences our creativity, confidence and ability to express ourselves.

It is associated with the throat, neck, jaw, shoulders, arms, hands, thyroid, expression and creativity.

Ajna (the brow chakra).

This chakra is indigo in colour and also known as the third eye it is located just above the centre of the eyebrows. A healthy Brow Chakra will provide us with the ability to experience our true existence it allows us to see the "bigger picture" of life. It is associated with the head, endocrine system, extra sensory perception (ESP) and the astral world.

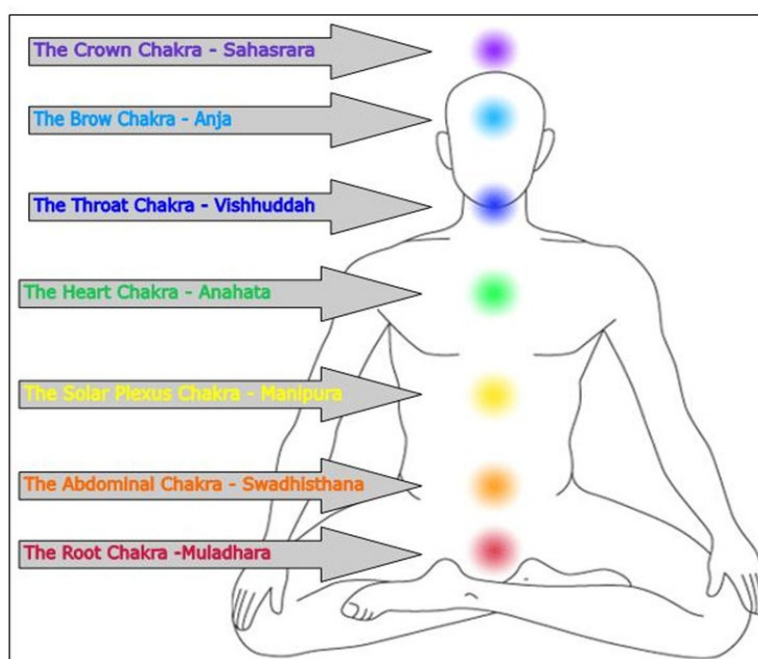
Sahasrara (the crown chakra).

This chakra is also known as the lotus with a thousand petals, it is violet in colour. The Crown Chakra is viewed as a gateway to a higher state of awareness. This chakra is located on and above the top of the head. A healthy crown chakra will provide knowledge, wisdom and a spiritual connection.

It is associated with the pineal gland, brain, nervous system and pure consciousness.

Chakra Map & Colour Chart.

This map shows the names, locations and colours of each of the seven main Chakras. The names are also shown in Sanskrit, the language of the ancient Vedic civilisation who gave us the first known written records of yoga.



Chakra Yoga.

In order for us to experience good health physically and emotionally it is important that the Chakras are clear, balanced and resonating correctly.

This class has been devised to help you achieve this by bringing your focus to the locations of the charkas and their associated colours whilst performing a carefully selected series of yoga postures that will stimulate the seven main Chakras.

Using these techniques you will be able to clear your mind and remove any blockages or obstructions to the flow of prana both within the Chakras and around your physical body. This will promote a sense of vitality and well being and will help to awaken your spiritual energy.

Chakra Yoga Vol.2 Class Guide

Track 1. Introduction

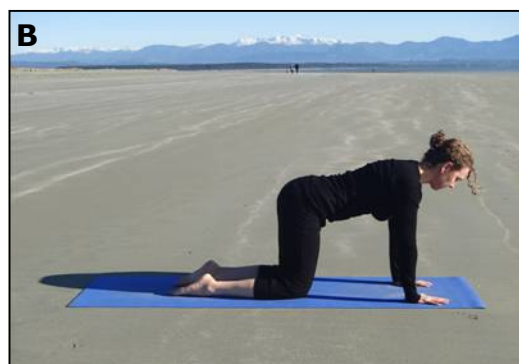
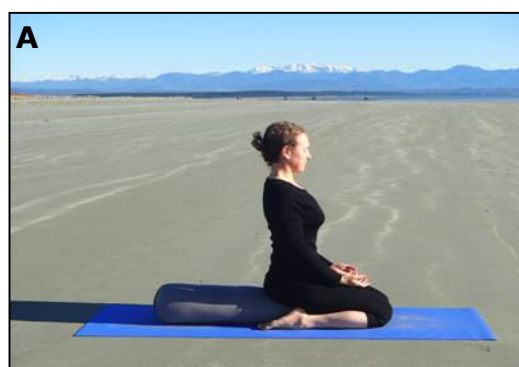
Please ensure you have listened carefully to the introduction and that you have read and understood the Medical Warning and Disclaimer in the front of this guide book before commencing the class.

Track 2. The Class

Preparation. Begin kneeling with a straight spine. If this is uncomfortable you may sit on your bottom with a few folded towels under your hips to elevate them or sit with your ankles crossed. Follow as instructed.

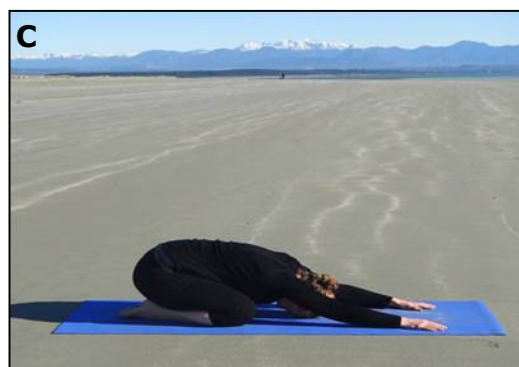
Cat (Majaryasana).

From kneeling move into cat, position your knees under your hips and your hands under your shoulders. Follow as instructed (B).

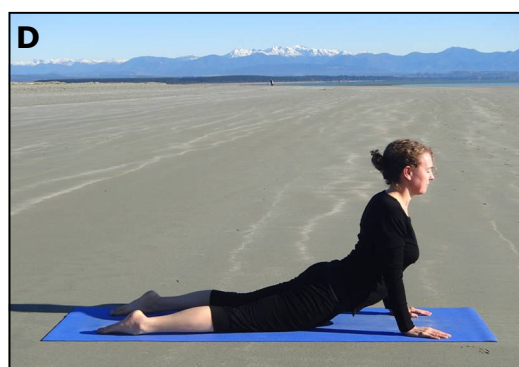


Extended Child (Utthita Balasana).

Relax your bottom back onto your heels and your upper body towards the ground, extend your arms and relax your elbows (C). Continue as instructed.

**Cobra (Bhujangasana).**

From extended child keep your nose as close to the floor as possible and move your whole body forwards, stretch your legs and lift your upper body from the ground (D). Follow as instructed.

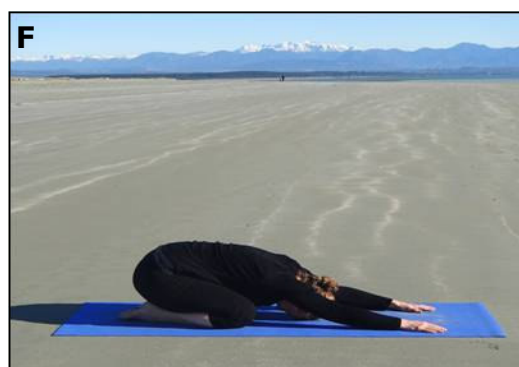
**Forearm plank (Santolanasana).**

From Cobra place your forearms to the ground under your shoulders with your fingers pointing straight forwards. Curl under your toes, push into your forearms and lift the rest of your body from the ground. Follow as instructed (E).

**Extended Child (Utthita Balasana).**

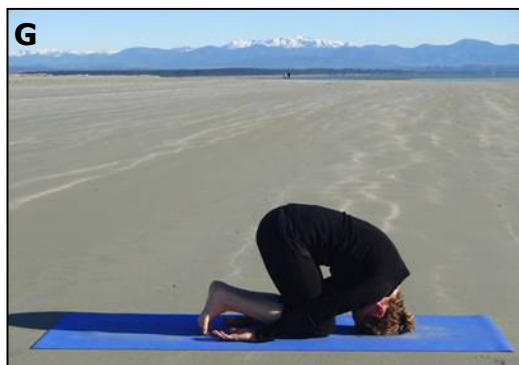
When instructed, move back to extended child (F).

Continue as instructed.



Hare (Shashankasana).

From extended child position your arms alongside your lower legs, fingertips directed towards your toes, keep your head on the floor lift your hips up and roll onto the top of your head to stimulate the crown chakra (G). Continue as instructed.

**Extended Child (Utthita Balasana).**

When instructed, move back to extended child (H).

**Downward Facing Dog (Adho Mukha Svanasana).**

Move into cat and curl under your toes, slowly unfold your legs so that you create a triangular shape with your body and the floor (I).

**Standing forward bend (Uttanasana).**

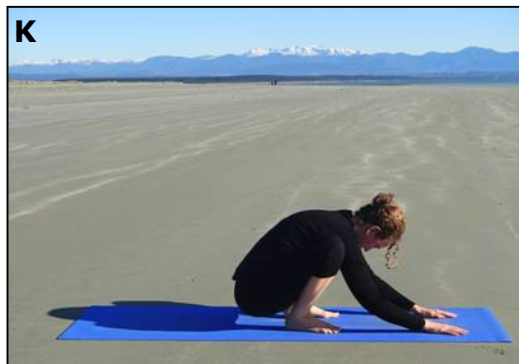
Slowly walk your feet forwards towards your hands to come into a standing forward bend (J).



Deep Squat (Malasana).

Widen your feet so that they are a little wide then hip distance apart, bend your knees and sink your hips towards the ground (K).

Continue as instructed.



The Mountain (Tadasana).

Return to a standing forward bend and slowly uncurl, so that you are standing tall in the mountain (L).

Continue as instructed.



Flowing Sequence (Vinyasa).

Begin in mountain, standing with a straight spine at the top of your yoga mat.

Inhale and lift your arms out to the side until they are above your head with the palms together (M).



Exhale and fold forwards, hinging from the hips into a standing forward bend (N).



Inhale and look forwards (O).



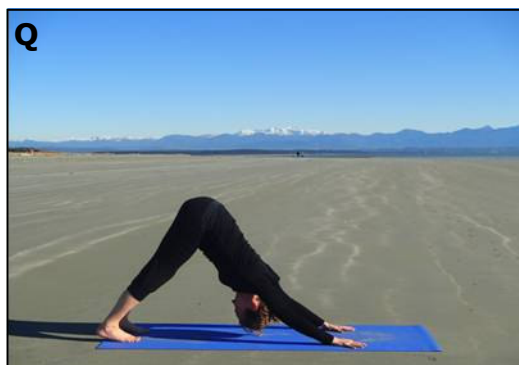
Exhale and step your right foot back to a long lunge (P).

Hold the posture for a few breaths as instructed.



On an exhalation, step the left foot back into downward facing dog (Q).

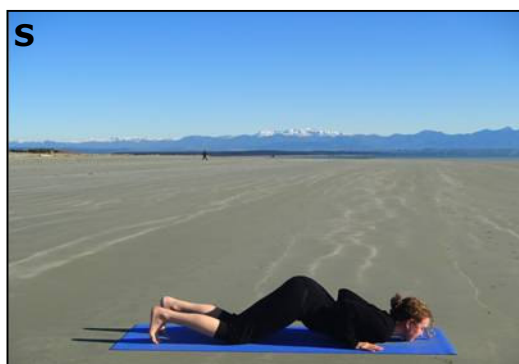
Hold the posture for a few breaths as instructed.



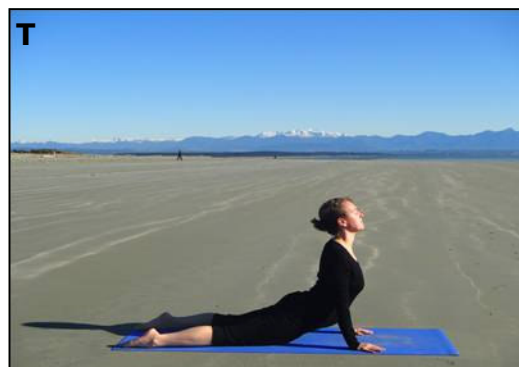
Inhale and move forward into plank (R).



Exhale, bend the elbows and knees lowering your chin, chest and knees to the ground, moving into an eight point salutation (S).

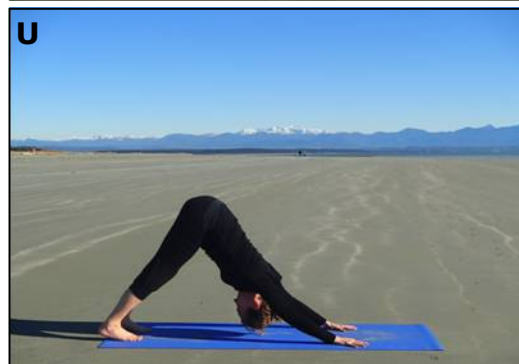


Inhale and move into upward facing dog (T).



Exhale and move back into downward facing dog (U).

Hold the posture for a few breaths as instructed.



When instructed turn the left heel in towards the centre of your yoga mat. Inhale and step the right foot forwards, lift the hands to form a prayer position above your head moving into Warrior 1 (V).



When instructed exhale and open the arms so that they are level with your shoulders. Rotate the torso 90 degrees to the left, moving into Warrior 2 (W).



When instructed inhale and move back to warrior 1 (X).

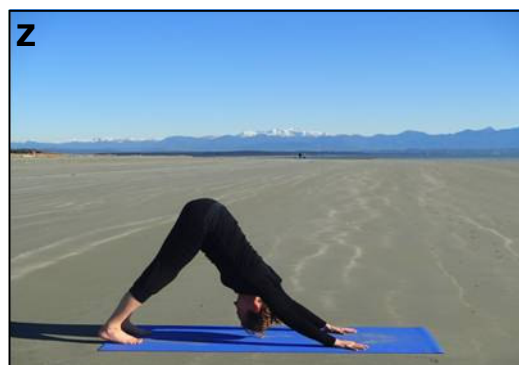


Keeping the feet where they are exhale and fold the upper body forwards and place one hand either side of the right foot. Inhale and pivot on the ball of the left foot to move to a long lunge (Y).



Exhale step the right foot back to downward facing dog (Z).

Hold the posture for a few breaths as instructed.



When instructed turn the heel of your right foot in towards the centre of your yoga mat. Inhale and step the left foot forwards, lift the hands to form a prayer position above your head moving into Warrior 1 (A).



When instructed exhale and open the arms so that they are level with your shoulders, whilst rotating the torso 90 degrees to the right moving into Warrior 2 (B).



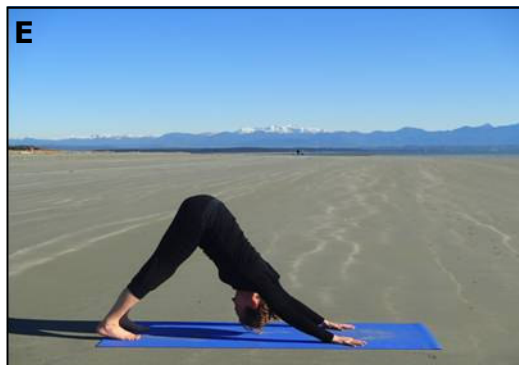
When instructed inhale and move back to warrior 1 (C).



Exhale fold the upper body forwards keeping the feet where they are placing one hand either side of the left foot. Inhale and pivot on the ball of the right foot coming to a long lunge (D).



Exhale and move to downwards facing dog (E).



Inhale step the right foot forwards into a long lunge (F).



Exhale step the left foot forwards beside the right to a standing forward bend (G).



Inhale and uncurl whilst lifting the arms up above your head (H).



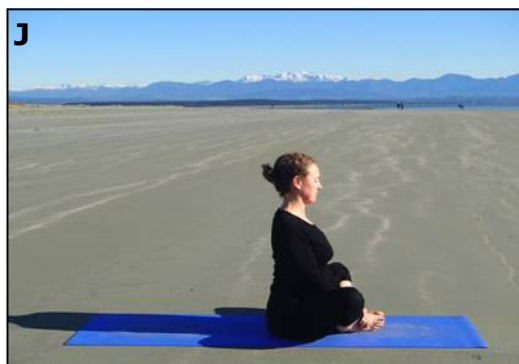
Exhale lower the arms returning to the mountain (I).

Repeat the Vinyasa as instructed.



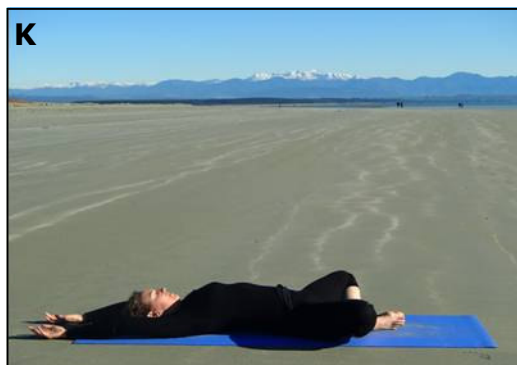
The Cobbler (Badha Konasana)

Sit with the soles of the feet together, the knees out to the side and straight spine (J). Continue as instructed.



Reclining Cobbler (Supta baddha konasana)

Keeping the soles of the feet together and the knees out to the side lay on your back (K). Continue as instructed.



Half bridge (Setubandhasana).

Remain on your back, keep the knees bent and place the soles of the feet onto the floor with the knees directed straight up. Lift your hips from the ground and bring your shoulders a little closer together (L). Continue as instructed.



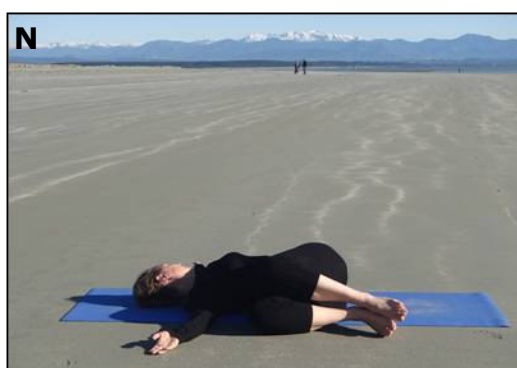
Wind Release (Apanasana).

Draw both knees in towards your chest, lightly resting your hands on your knees or shins. Continue as instructed (M).



Spinal twist (Supta Matsyendrasana).

From wind release take both arms out to the side level with your shoulders with your palms facing up. Allow your knees to fall to the right and turn your head to the left (N). Continue as instructed.



Final Relaxation (Savasana).

Lie on your back with your arms and legs extended along your yoga mat (O). Continue as instructed to the end of the session.



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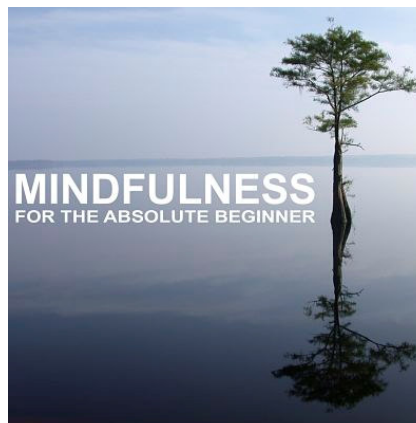


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