



I understand



I see



I speak



I love



I do



I feel



I am

Chakra Yoga

07th JULY 2023

Week 4

Virginia Walker -
YTT 500hr
& Doula

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THE BEST SOLUTION FOR YEARS

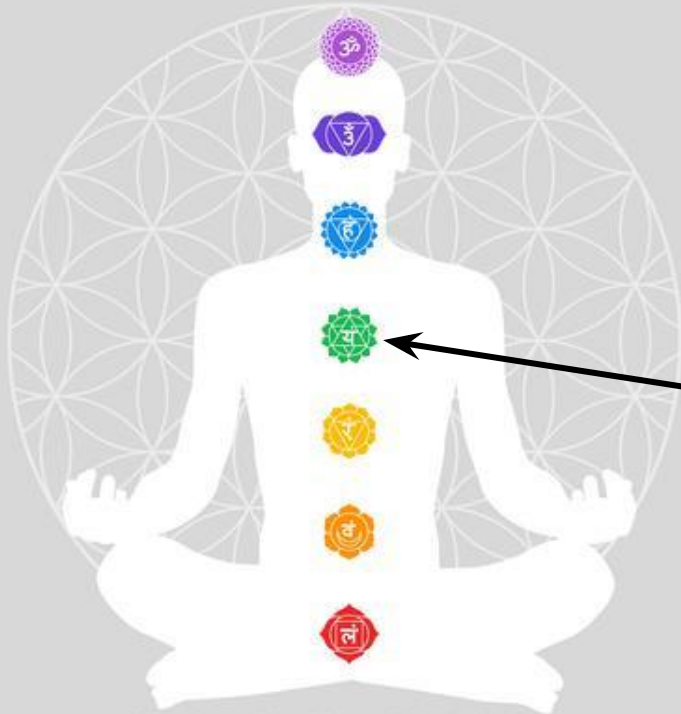
Chakra Yoga – Week Four

Anahata - The Heart Chakra “Unstruck Sound”

- Introduction to 4th Chakra - Anahata - Heart
- 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.

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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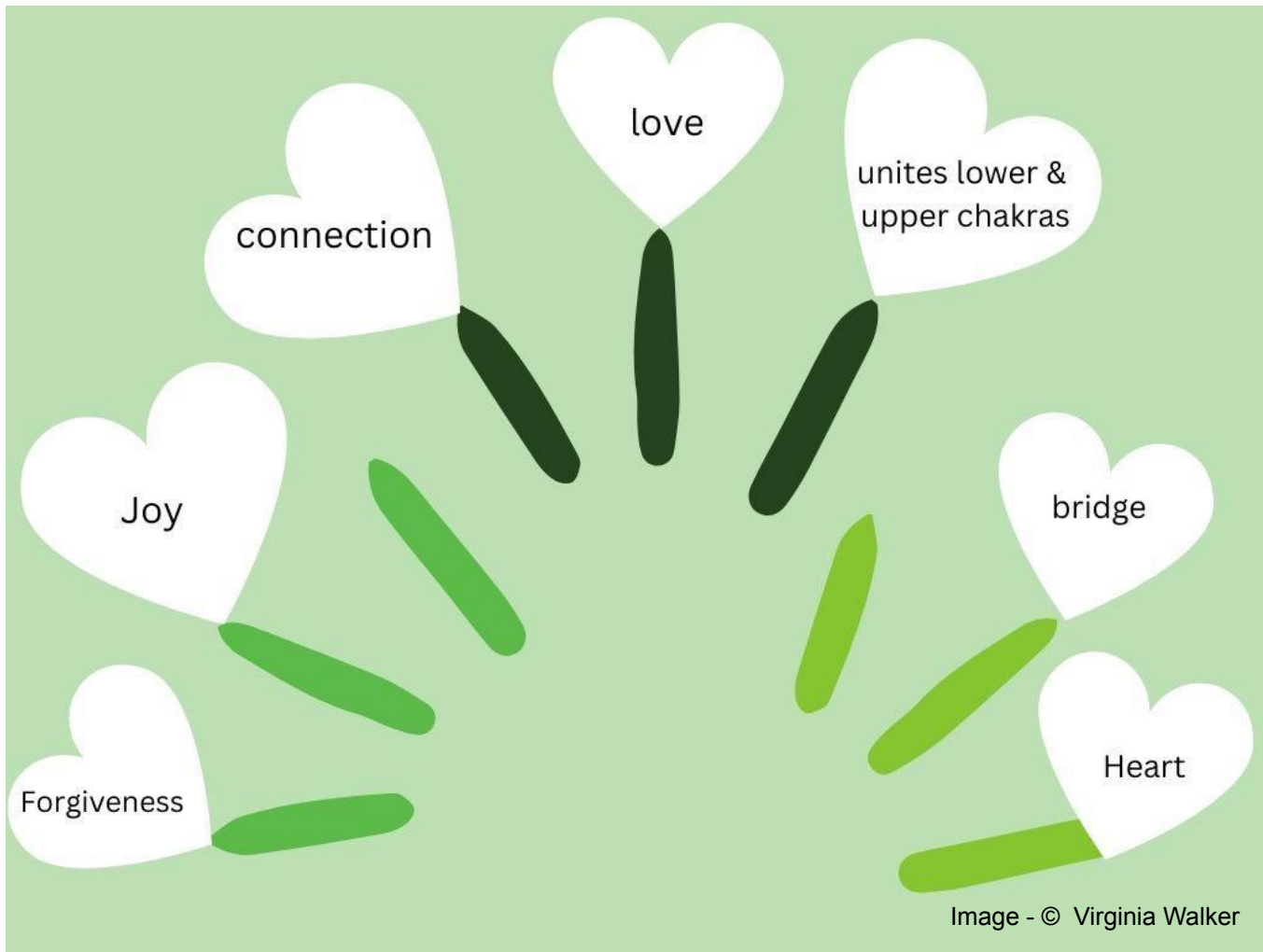
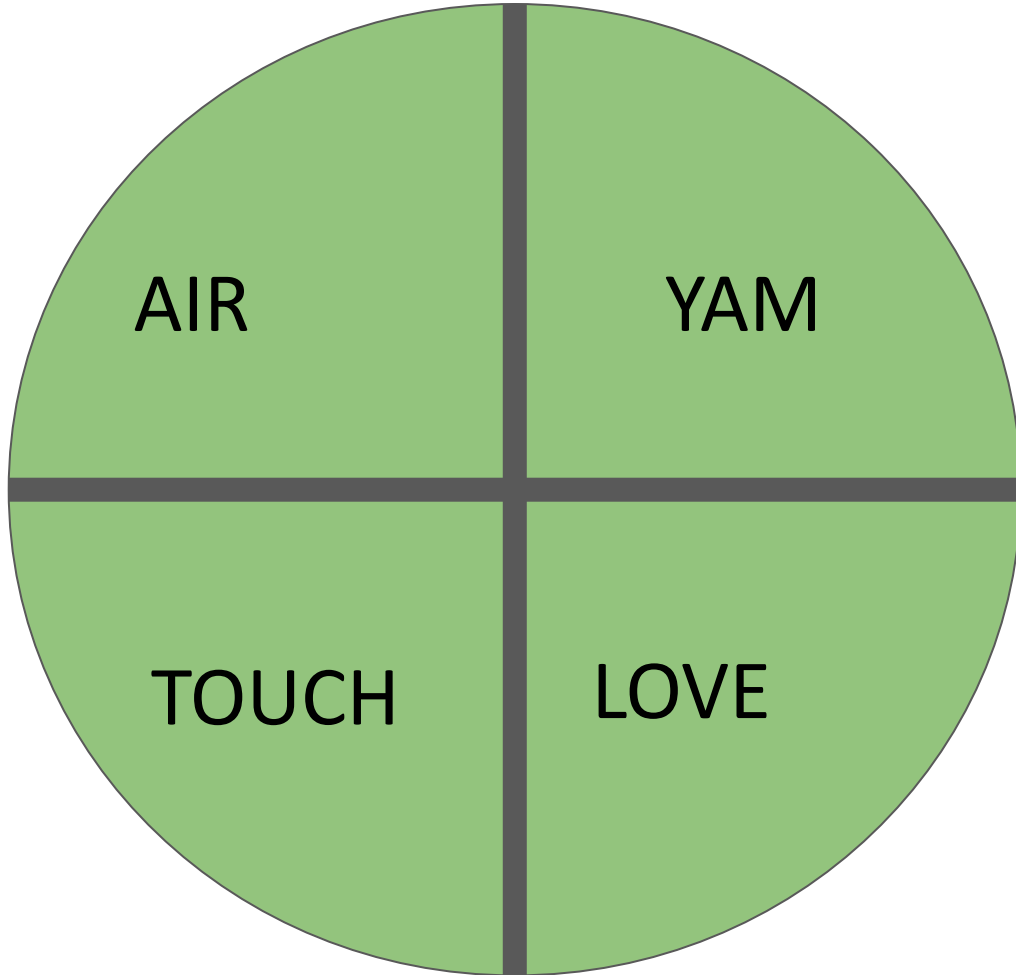


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The Foundation of Survival & Security

- Our right to be love and be loved
- Family dysfunction
- Central chakra
- Harmed when other rights are damaged

Chakra Imbalances

- Codependency
- Loves too much
- Withholds emotionally
- Possessive
- Overly dramatic
- Fear of rejection
- Self Pitying
- Fears of commitment
- Fears of betrayal
- Fears of loneliness
- Melancholia
- “The performer”
- Hurt
- Grief

Balanced Chakra

- Compassionate
- Empathetic
- Loves unconditionally
- No expectations
- Nourishing
- Trusting
- Connected to beauty
- Joyful
- Connected
- Open to life experiences
- Self care, love and respect
- Flow
- Ease
- Peaceful
- Accepting

How to Balance Chakra

- Incense / Oils
- Massage
- Meditation (Sat Yam)
- Connecting with nature - Green
- Wearing green - being around green objects
- Breathwork
- Crystals - Rose Quartz, Green Jade, Green Calcite
- Loving, Positive affirmations
- Hugs
- Write a letter to a loved one
- Take time with loved ones
- Hand on heart

Questions and Affirmations

- Can I respond through the heart and not the head?
- What do I truly feel?
- How can you connect with others more?
- I honour all parts of myself
- I send love to all
- I accept pain is part of a rich life
- To feel love I must also feel pain, grief and loss

Poses Overview

Anahata

- Marjaryasana - Cat
- Bitilasana - Cow
- Parsvakonasana - Right Angle Pose
- Ustrasana - Camel Pose
- Janu Sirsasana - Head to Knee Pose
- Bhujangasana - Baby Cobra Pose
- Salabhasana - Locust Pose
- Supta Baddha Konasana - Reclined Bound Angular Pose