

Chakra Yoga Practice Sheet / Class Plan

Intro

- Shavasana (corpse pose) - Body scan (toes to head)
- Pranayama (breathwork)
- Apanasana (Boulder pose) / Rocking and Rolling

Warm-up

- Sun salutation sequence x3 - 12 reps

Chakra Yoga Course Asanas (Postures)

1. Ajna Chakra (3rd eye)
Tree / Eagle / Dancer / Crow
2. Mooladhara Chakra (Root / base of the spine)
Rocking Horse / Boat Pose / Equestrian Pose
3. Swadhisthana Chakra (Sacral chakra)
Warrior III / Standing Crane / Camel Pose / Cobra Pose
4. Manipura Chakra (Solar Plexus)
Eagle / Cat / Tiger / Striking Cobra Sequence
5. Anahata Chakra (Heart / Chest Centre)
Standing Marichi Pose / Tree Pose / Dancer / Equestrian / Bow Pose
6. Vishuddha Chakra (Throat)
Crescent Moon / Shoulderstand / Plough Pose / Fish Pose
7. Sahasrara Chakra (Crown Chakra)
Tree / Dancer / Headstand / Fish Pose

Relaxation

Shavasana (corpse pose) with light & heat visualization (from toes to crown)