

Chakra Vinyasa Flow Practice

Begin by flowing through Sun Salutation A (Surya Namaskar A) five times, honoring the five elements as they progress through the first five Chakras. The quotes are for inspiration. Take time to feel the power of each element and connect energetically through the flow.



Honoring Earth,

Those who dwell among the beauties and mysteries of the earth are never alone or weary of life. – Rachel Carson



Honoring Water,

Nothing in the world is more flexible and yielding than water. Yet when it attacks the firm and the strong, none can withstand it, because they have no way to change it. So the flexible overcome the adamant, the yielding overcome the forceful. – Lao Tzu



Honoring Fire,

Just as a candle cannot burn without fire, men cannot live without a spiritual life. – Buddha



Honoring Air,

We live in an ocean of air like fish in a body of water. By our breathing we are attuned to our atmosphere. If we inhibit our breathing we isolate ourselves from the medium in which we exist. In all Oriental and mystic philosophies, the breath holds the secret to the highest bliss. – Alexander Lowen



Honoring Space,

A human being is part of a whole, called by us the “Universe” —a part limited in time and space. He experiences himself, his thoughts, and feelings, as something separated from the rest—a kind of optical delusion of his consciousness. – Albert Einstein

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Below is a quick reference for the Chakras. Suggestions for further study are included at the end.

English Reference	Location	Sanskrit Name	Planetary Association	Element	Balanced Manifestation
1 st Chakra Root Chakra	Perineum at the base of the spine	Muladhara “root support”	Saturn	Earth	Stability
2 nd Chakra Sacral Chakra	2” below navel, 2” into pelvis	Svadhithana “dwelling place of the Self”	Jupiter	Water	Creativity
3 rd Chakra Solar Plexus Chakra	Below the sternum, above the stomach	Manipura “lustrous jewel”	Mars	Fire	Passion
4 th Chakra Heart Chakra	Middle of the chest	Anahata “unstruck”	Venus	Air	Compassion
5 th Chakra Throat Chakra	The internal and external throat	Vishuddha “purification”	Mercury	Ether	Wisdom
6 th Chakra Brow Chakra	Between the eyebrows	Ajna “to perceive, to know”	Sun/Moon	Light	Intuition Insight
7 th Chakra Crown Chakra	Top of the skull	Sahasrara “thousand fold”	The Universe	None	Liberation

The remainder of the practice spends more time with each chakra individually. This can be practiced with one flow/chakra per session, a longer session moving through all of the sequences or abbreviated versions of each. Additional warm-up can be added at the beginning as well as meditation and centering. Conclude with the 6th & 7th Chakra sections each time.

Each Chakra includes a QUERY pose and several hold poses: EXCESSIVE, DEFFICIENT and BALANCED noted as Q, E, D, B, respectively. Questions and keywords are provided as well, but there are many options. Choose those that are most challenging, most resonant and most meaningful, or simply hold a general sense of the energy and see what arises.

It is important not to get too analytical in the practice. This is a guide, only. With practice insight increases, the sequencing becomes more intuitive and personal. Journaling is helpful to work through some of the intellectual pieces, as well.

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1st Chakra



Q: Mountain Pose

What are your fears, worries?

What do they keep you from doing?

How stable do you feel?

Are you patient?

Flow through Sun Salutation B (Surya Namaskar B)

E: Warrior I, right side

heaviness, sluggishness, resistance to change, greediness

D: Warrior I, left side

fear, anxiety, resistance to structure, disconnection from body

Return to standing,

B: Tree

groundedness, comfortable in body, sense of safety & security, ability to be still

2nd Chakra



Q: Forward Fold

Do you have a deep connection with your own needs?

Do you have the courage to express your emotions clearly?

How abundant is your life?

Can you see the joy and pleasure in small things?

Continue to flow through Sun Salutation B, from Warrior I,

E: Warrior II, right side

obsessive attachments, excessive mood swings, poor boundaries, instability

D: Warrior II, left side

avoidance of pleasure, fear of sexuality, rigidity in body, beliefs or behavior, boredom

Return to standing,

B: Standing Wide Angle Forward Fold

graceful movements, emotional intelligence, healthy boundaries, ability to enjoy pleasure

3rd Chakra



Q: Plank

How strongly do you value yourself?

Are your actions aligned with your intentions?

What is your relationship to your personal power?

Do you feel anxious when you are still?

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3rd Chakra, continued

Continue to flow through Sun Salutation B, from Warrior I,

E: Revolved Extended Side Angle (or Side Plank), right side
dominating, arrogant, competitive, hyperactive, compulsively driven

D: Revolved Extended Side Angle (or Side Plank), left side
passivity, lack of energy, poor digestion, blaming, low self-esteem, lack of confidence

B: Revolved Triangle (or Revolved Half Moon)

confident, warm, energetic, spontaneous, playful, humorous, able to take risks

4th Chakra



Q: Child Pose (come into this pose from down dog on last Sun B)

What conditions do you put on yourself to receive love?

What conditions do you put on others to receive love from you?

Can you forgive those who hurt you in the past?

Do you feel connected to other people, to life?

E: Pigeon, right side

codependency, poor boundaries, jealousy, being a martyr or pleaser

D: Pigeon, left side

antisocial, withdrawn, critical, intolerant, lonely, isolated, lack of empathy, fear of intimacy

B: Seated Butterfly

ability to give and receive love unconditionally, attunement to all life

5th Chakra



Q: Easy Pose

Are you willing to share your truth?

Do you feel your voice is heard?

Do you allow others' voices to be heard?

Does expressing yourself making you feel good about who you are?

E: Full Spinal Twist (or other seated twist), left side

gossiping, stuttering, difficulty being silent, excessive loudness

D: Full Spinal Twist (or other seated twist), right side

fear of speaking, secretiveness, excessive shyness, tone deafness

B: Shoulderstand or Meditation

clear communication with others, good communication with self, good listener, creativity

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6th Chakra



Q: Posterior Stretch

What is the guiding vision for your life?

Seated Meditation:

5 breath technique:

1. Inhale energy from legs into torso
2. Inhale energy from arms into torso
3. Inhale energy from torso into spine
4. Inhale energy from base of spine to brow center
5. Gather energy at brow center, exhale to project as light slightly above eye level about an arm's length away.

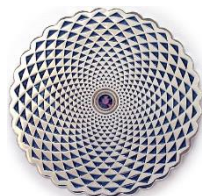
Ask:

What is the larger good you are working for?

Where do you see possibilities that do not yet exist?

What is the guiding vision for your life?

7th Chakra



Q: Savasana

What is the primary dwelling place(s) of your awareness?

What central belief system holds you in that awareness?

Ask:

Is this belief really true?

How do I know?

Does this belief serve or hinder my awareness?

What might be a more productive belief?

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References and Recommendations for Further Study

DVD: *The Yoga of Awakening: Chakra Flow* with Seane Corn

Books:

Chakra Balancing by Anodea Judith

The Subtle Body: An Encyclopedia of Your Energetic Anatomy by Cyndi Dale

The Book of Chakras by Ambika Wauters

The Return to Love by Marianne Williamson

About Ashley Celeste Leal, E-RYT 200, RYT 500



Ashley began practicing yoga in 1997. She completed her 200 & 300 hour yoga teacher trainings at The Yoga Connection. She has been teaching since 2004 and is a Yoga Alliance Registered Yoga Teacher (RYT) with nearly 4000 hours of teaching experience in yoga alone. She worked as a Personal Trainer (certified through AFAA) for over five years helping a variety of clients achieve their fitness goals, while teaching them about their breath and the mind/body connection – a secret yoga agent. Ashley completed a 450 hour Pilates Mentorship with Mireia Sharifi of BodyQuest Pilates and taught mat and equipment Pilates for three years before deciding to teach yoga exclusively. Her background in personal training, Pilates and other fitness modalities enriches her teaching with a strong focus on safe alignment and understanding of anatomy.

Ashley's passion and practice centers around yoga. She studied Kriya Yoga directly with Sri Goswami Kriyananda and, being one of his disciples, is a Kriya lineage holder. She has completed approximately 80 hours of Yin Yoga training with Joe Barnett, E-RYT 500. In 2014 she completed a 40 hour Vinyasa Flow Yoga training with Seane Corn, E-RYT 500. Ashley is committed to continuing her education via additional trainings, workshops, other yoga teachings and personal practice. She is an avid reader of spiritual philosophy and anything to do with yoga, the body, biomechanics and astrology.

*Ashley's teaching emphasizes the practice beyond asana, and off the mat, to include an awareness of Self through moksha (liberation). Ashley is also a professional astrologer, meditation teacher and writer. You can read Ashley's writing at www.elephantjournal.com and on her blog *Maya Musings on Moksha*.*

To learn more about Ashley, read her blog or to schedule a private yoga session or astrology reading please visit: www.ashleyceleste.com

Follow her on Twitter @liveloveyoga108 or Facebook: <https://www.facebook.com/ashleycelesteyoga>

Blessings to you on your journey... may you find the liberation you seek. -Ashley Celeste Leal