

CHAKRA YOGA



CROWN

- Headstand
- Tree Pose
- Lotus Pose
- Forearm Stand
- Backbend
- Rabbit Pose
- Corpse Pose



THIRD EYE

- Thunderbolt Pose
- Forward Bend
- Downward Dog
- Lotus Pose
- Cow Face Pose
- Head-to-Knee Pose
- Extended Child's Pose



THROAT

- Shoulder Stand
- Lion Pose
- Bridge Pose
- Plow Pose
- Cat Pose
- Cow Pose
- Fish Pose



HEART

- Standing Backbend
- Lord of The Dance
- Half Lord of The Fishes
- Cobra Pose
- Camel Pose
- Bow Pose
- Wheel Pose



SOLAR PLEXUS

- Crescent Pose
- Knees-to-Chest
- Downward Dog
- Triangle Pose
- Bow Pose
- Boat Pose
- Plank Pose



SACRAL

- Triangle Pose
- Forward Bend
- Goddess Pose
- Crescent Pose
- Bound Angle Pose
- Seated Forward Bend
- Reclined Thunderbolt



ROOT

- Chair Pose
- Thunderbolt Pose
- Garland Pose
- Mountain Pose
- Staff Pose
- Bridge Pose
- Warrior II Pose



Chakra Workout Balancing The Chakras With Yoga

Mary Horsley

Chakra Workout Balancing The Chakras With Yoga:

Chakra Workout Mary Horsley,2006 Every day we look in the mirror and see less than half of our selves Chakra Workout helps you become aware of our other half This half is our subtle energies the aura and the spinning circles of energy known as the chakras which are vital to our physical mental emotional and spiritual balance This book teaches you about the 7 major and 21 minor chakras their associations the challenges they present and the areas of life they influence You will learn how to alter your outlook and chances for success by stimulating unblocking and rebalancing your chakras through aromatherapy massage and crystals The second section shows how to use yoga and meditation to work on your chakras and gain a greater understanding of yourself and others

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Chakra Workout Mary Horsley,2006 **Simple Yoga Sutras & Yoga Workouts For Home - 4**

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Moore,2019-03-10 Soul Manifesto is a physiological 49 day journey that guides readers on their quest to healing health and happiness Using yoga and the seven tier chakra system infused with daily non fictional narratives exercise activities cooking recipes affirmations and more Soul Manifesto inspires readers to courageously breakthrough trauma and fear to manifest their magnificence

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[Balancing the Wheels](#) Sarah Gulden,2014-03-18 Feeling out

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Chakra Yoga Alan Finger,Katrina Repka,2005-12-13 According to the yogic tradition of India the seven chakras or energy centers concentrate and distribute refined life force energy throughout the body Yoga master Alan Finger well known for his many Yoga Zone teaching videos presents detailed yoga practices and meditation instructions for understanding the chakras and bringing them into balance This book is for serious students who wish to cultivate subtle energies using ancient tantric methods Illustrated with photos and anatomical drawings with audio recordings of guided meditations to supplement your practice available for free online

Chakra Workout Blawyn Jones,1997 On meditation and exercises **Chakra Healing** Priya Swami,2020-10-13 Have you ever

noticed physical ailments at specific points of your body such as in the throat or abdomen Or had emotional imbalances like anger or excessive anxiety These are just some of the symptoms that derive from the imbalance of certain energy points in our body that have been known as Chakras since ancient times Not everyone knows that there are specific methods of rebalancing and awakening the Chakras to restore the harmony of your body and your emotions in everyday life This book is the definitive guide for recognizing these symptoms and discovering the healing methods of the Chakras according to ancient oriental traditions You will understand how important it is to balance each Chakra in order to live a healthy life in harmony with the world Reading this book will discover What the 7 Chakras are and how they work How to recognize symptoms of physical mental and emotional blockages The nutritional foods for the balance of each Chakra Guided meditations for each Chakra Yoga techniques and practical exercises Crystals and stones useful for the healing of each Chakra If you have never solved certain problems of one or more energy points of your body or simply want to know more about the Chakras this is the right book for you You will be surprised by the improvements you can enjoy in your life thanks to the Chakra healing techniques Want to know more Buy now to enter into full awareness of your body and your energy [Yoga Journal](#),2001-12

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The Key to the Chakras Vicki Howie,2017-04-01

Learn to unblock your energy pathways and balance your chakras This is your chance to awaken your true potential you ll just need some guidance from expert Vicki Howie and The Key to the Chakras The chakras are the seven centers through which energy flows in the human body Even if you re new to the discipline The Key to the Chakras gives you the knowledge you need to understand each of the chakras and their associated colors emotions and physical actions Discover practical techniques for healing and unblocking the chakras and find out how the chakras can work in tandem with aura reading crystal healing and aromatherapy to improve your life Perfect for those working with the chakras at beginner and intermediate level The Key to the Chakras provides an informed overview of the seven chakras and includes interactive lessons meditations and exercises that will teach you to find balance and inner calm in a difficult often chaotic world

Chakra Healing For Beginners

Brittany Samons,2015-05-08 Chakra is a Sanskrit word that literally means a wheel or a disc In practice they are the points of the spiritual body that serve as the entry and exit points of our aura These centers of activity are responsible in controlling our temperament mood and overall body health They do so by receiving assimilating and expressing life s force energy According to the chakra theory therefore controlling these chakras could directly influence your mental physical and spiritual wellbeing

Chakras For Beginners, Organized Mind & Strength Training Juliana Baldec,2014-06-11 Red Hot New Chakras For Beginners Organized Mind Strength Training Chakra Balancing Healing Mindset Creative Confidence Release Book 1 11

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