

# POSES/ ASANAS

Each yoga pose corresponds with one of the chakras (blocks in the energetic flow in our spine) and should be sequenced in order from the Root Chakra at the base of the spine to the Crown Chakra located at the top of the head. This way the energy that sits in the base of the spine can flow freely up the spine into the Crown Chakra.

## 1 Root Chakra: Standing Poses

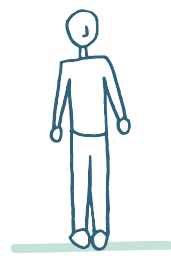
Muladhara Chakra (moo-lah-DAH-rah CHAH-krah)

### Mountain Pose

Tadasana

(tah-DAH-sah-nah)

- observe feeling of feet on ground
- engage leg muscles
- long spine, shoulders back



### Standing Side Bend

Parsva Tadasana

(PARS-vah tah-DAH-sah-nah)

- root down through the feet
- reach through the hands
- plug shoulders down your back



## 2 Sacral Chakra: Forward Folds

Svadhithana Chakra (swah-dee-STAH-nah CHAH-krah)

### Seated Forward Fold

Paschimottanasana

(pah-she-moat-ahn-AH-sah-nah)

- chest and thighs together
- hold behind knees
- reach chest forward and shoulders back



### Standing Forward Fold

Uttanasana

(OOH-tah-nah-sah-nah)

- bend your knees, grab opposite elbows
- head and neck hang heavy
- engage leg muscles to relax low back



## 3 Solar Plexus Chakra: Twisting Poses

Manipura Chakra (mah-knee-PYOR-ah CHAH-krah)

### Seated Twist

Ardha Matsyendrasana

(AR-duh maht-syan-DRAH-sah-nah)

- push elbow into opposite knee
- look over back shoulder

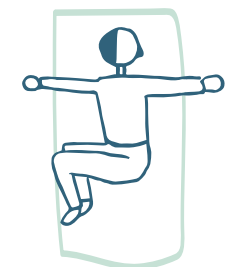


### Supine Twist

Supta Matsyendrasana

(SOUP-dah maht-syan-DRAH-sah-nah)

- knees right look left, knees left look right
- shoulders feel grounded



## 4 Heart Chakra: Chest Openers

Anahata Chakra (Ah-nah-HAH-tah CHAH-krah)

### Bridge Pose

Setu Bandha Sarvangasana

(SEH-tu BUN-dah sar-vahn-GAH-sah-nah)

- press into heels
- feet parallel and close to hips
- reach chest up towards your face



### Sphinx Pose

Salamba Bhujangasaa

(sah-LUM-bah boo-zjahn-GAH-sah-nah)

- reach shoulders back, chest forward
- fingers spread apart
- engage core to protect spine



## 5 Throat Chakra: Neck Activating Poses

Vishudha Chakra (vi-SHOO-dah CHAH-krah)

### Crocodile Pose

Makarasana

(mah-kah-RAH-sah-nah)

- relax forehead on your forearms
- toes turn in, heels out
- option to bring chin onto forearms



### Neck Movements

Siddhasana (Variation)

(si-DAH-sah-nah)

- sit cross legged on the floor or in a chair
- exhale chin to chest
- inhale face the ceiling open chest



## 6 Third Eye Chakra: Inversions

Ajna Chakra (AHJ-nah CHAH-krah)

### Child's Pose

Balasana

(bah-LAH-sah-nah)

- forehead to the floor
- sink hips onto heels
- feel stomach rise and fall with breath

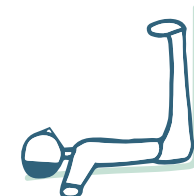


### Legs Up The Wall

Viparita Karani

(VEE-pah-ree-tah kah-RAH-knee)

- option to place a pillow under your hips
- let palms face up and chest feel open



## 7 Crown Chakra: Corpse Pose

Sahasrara (sah-hah-SRAH-rah CHAH-krah)

### Corpse Pose

Savasana (shah-VAH-sah-nah)

- palms face the ceiling
- body feels heavy
- mentally scan your body toes to head



### Reclined Bound Angle

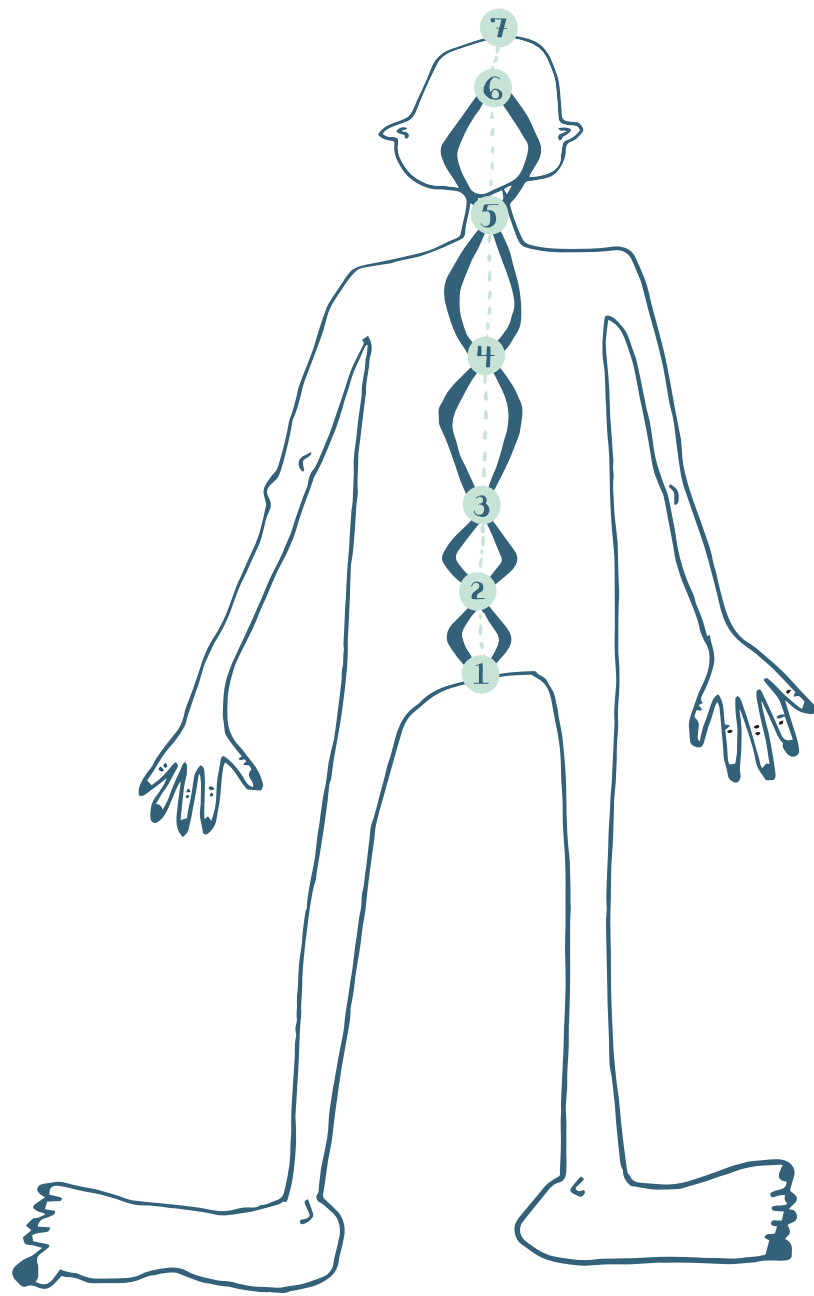
Supta Baddha Konasana

(SOUP-ta BAH-dah koh-NAH-sah-nah)

- right hand on stomach, left hand on heart
- pillows under your knees for extra support
- focus on your breath







# ASANA

STHIRA SUKHAMASANAM.  
ASANA IS A STEADY AND JOYFUL POSTURE.

The Yoga Sutras of Patanjali II-46

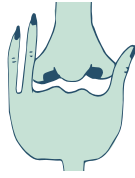


# BREATH CONTROL / PRANAYAMA

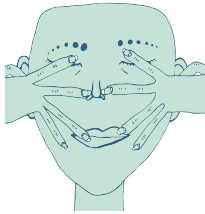
The practices of Pranayama utilize our breath to change the flow of vital energy, or *prana*, in our energy channels, or *nadis*. Before you start, it's good to know that Pranayama should be practiced on an empty stomach, and the best time of day is in the morning, when the mind has fewer impressions of the day. The breath should never feel strained; if any of the practices make you dizzy or unwell, stop the practice and take slow deep breaths. Pranayama gives many physical, mental, and spiritual benefits, so enjoy your practice!



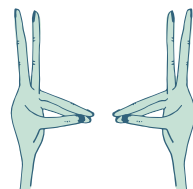


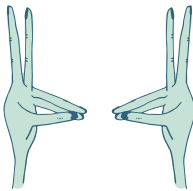
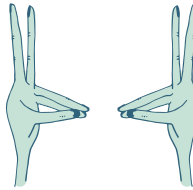





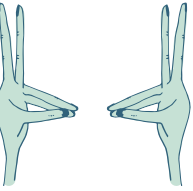
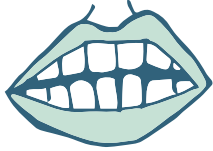
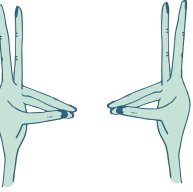
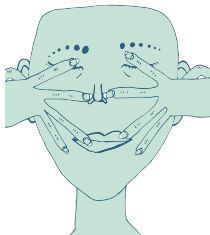
**Prana Mudra**  
Touch thumb to ring and pinky fingertips. Resting hand position. Helps prana flow freely through the body.

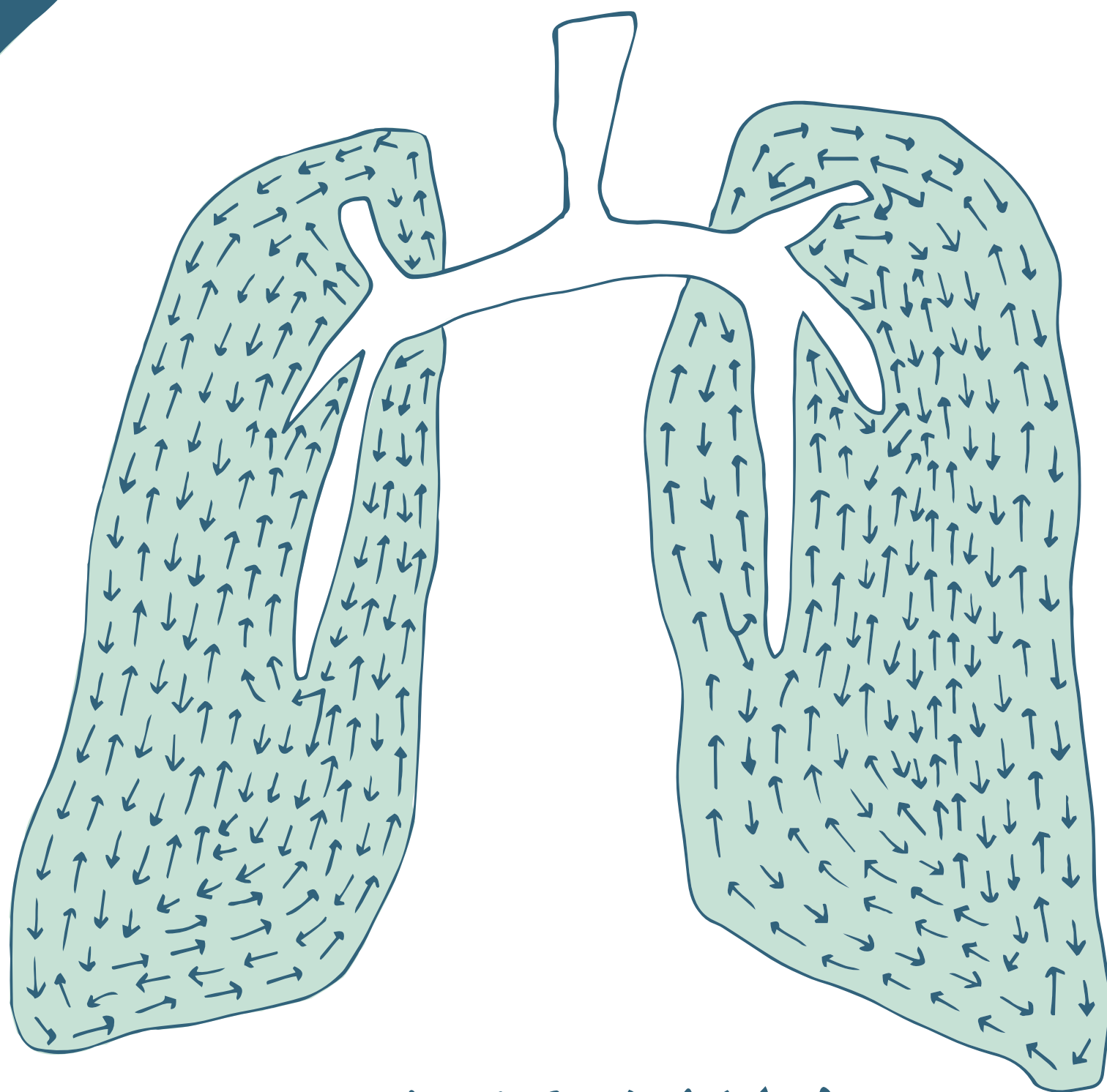


**Vishnu Mudra**  
Use right hand; thumb closes right nostril, ring finger closes left nostril. You can switch hands if your arm gets tired.



**Yoni Mudra**  
Thumbs block ears, first finger on eyelid (don't press eyes), middle fingers to cheeks/nose, ring fingers to mouth, pinkies to jaw.

	Sanskrit Name	English Name	Details	Inhale	Exhale	Hands
1	Kapalabhati Pranayama (kah-pah-lah-BAH-tee prah-nah-YAH-mah)	Shining Skull Breath	cleanses lungs, energizes the mind, start with just 2 rounds of 10 breaths, if you feel dizzy breathe slow and deep, practice on empty stomach	both nostrils automatic	both nostrils short, quick, snappy, pump stomach in	 on knees
2	Nadi Shodan Pranayama (NAH-dee SHOW-dahn prah-nah-YAH-mah)	Balancing Breath	calms mind, improves concentration, count to 5 for each inhale and exhale, don't practice if you are sick	begin with exhale left nostril, inhale left, exhale right, inhale right, exhale left... always end on exhale left		 
3	Ujjayi Pranayama (ooh-JAI-ee prah-nah-YAH-mah)	Ocean Breath	calms mind, heating of the body, breathe to count of 5 as if you're fogging a mirror with your mouth closed, should be audible	both nostrils	both nostrils	 on knees
4	Bhastrika Pranayama (bah-STREE-kah prah-nah-YAH-mah)	Bellows Breath	detoxifies, tones digestive organs, inhale and exhale should be even in length and force, inhale to expand stomach, exhale to contract it	both nostrils, forcefully	both nostrils, forcefully	 on knees
5	Surya Bhedi Pranayama (SUR-yah BEH-dee prah-nah-YAH-mah)	Sun Breath	alleviates depression and fatigue, alert mind, breathe to a count of 5 on inhale and exhale	right nostril	left nostril	 
6	Chandra Bhedi Pranayama (CHAN-drah BEH-dee prah-nah-YAH-mah)	Moon Breath	alleviates anxiety and insomnia, breathe to a count of 5 on inhale and exhale	left nostril	right nostril	 
7	Seetali Pranayama (SHEE-tah-lee prah-nah-YAH-mah)	Cooling Breath	cools body, calms mind, combats insomnia, satisfied feeling, if you can't roll your tongue practice Seetkari/Hissing Breath instead, breathe to a count of 5	 rolled tongue	both nostrils	 on knees
8	Seetkari Pranayama (sheet-KAH-ree prah-nah-YAH-mah)	Hissing Breath	cools body, calms mind, combats insomnia, satisfied feeling, if you have sensitive teeth practice Seetali/Cooling Breath instead, breathe to a count of 5	 through teeth	both nostrils	 on knees
9	Bhramari Pranayama (brah-MAR-ee prah-nah-YAH-mah)	Buzzing Bee Breath	relieves stress, anger, anxiety, insomnia, you can close your ears with one finger or practice Yoni Mudra, start with 10 rounds of 5 count breaths	both nostrils	both nostrils with a humming, buzzing sound	



# PRANAYAMA

TATAH KSIYATE PRAKASAVARANAM.

AS ITS RESULT, THE VEIL OVER  
THE INNER LIGHT IS DESTROYED.

The Yoga Sutras of Patanjali II-52