

Anatomy Worksheet

Chakras: The Energetic Body

What are Chakras? There are 7 major chakras within the subtle body. They align vertically along the spine starting at the bottom with Root (Muladhara), Sacral (svadisthana), Solar Plexus (Manipura), Heart (Anahata), Throat (Vishuddha), Third Eye (Ajna), Crown (Sahasrara). Chakra translates to “wheel” or “disc” when balanced, each chakra provides the right amount of energy to every part of the body, mind and spirit.

How Does Meditation Aid this System? There are a variety of techniques that can bring our intuition inwards to activate the chakras including, meditation, pranayama, kriyas, and asana

Define the influence of Chakras on one another:

- The root chakra is the vital foundation of all the others, the sushumna, ida and pingala all begin at the root chakra
- Solar plexus chakra is said to mediate the desires and wishes of the lower chakras (sacral and root)
- The heart chakra is the center of the chakra system and connects the lower 3 (which are physical and emotional centers) to the higher 3 (which are the mental and spiritual centers). It is also said to refine the perception observed through an open 3rd eye
- The throat Chakra is the link between the lower chakras and the crown chakra, the bridge between our thoughts and feelings, impulses and reactions
- The Crown Chakra gathers all energies of the lower Chakra centers, where our personal prana becomes one with the universe. It is said that when the crown chakra is opened to the Divine, any blockages in the lower chakras will dissolve and will vibrate at their highest frequencies, mirroring the divine being.

What Happens when one is out of balance and how can we re-align? Generally with the chakras when one is out of balance, we can experience either efficient (abundance) or deficient (not enough) characteristics pertaining to each chakra. There are corresponding exercises that we can do regarding pranayama, mantras (or Bija sounds), kriyas or asanas that will balance each chakra. Example if the root chakra is over stimulated characteristics one might experience: sluggishness, overeating or resistance to change. If it is under stimulated one may experience: fear, anxiety or underweight. An asana to balance it would be Malasana or low lunges, and if balanced it will result in feeling grounded, prosperity, acceptance, and physical health

Create a Class: Focus on Root chakra

Posture 1:Warrior I

Cues: Inhale, Warrior I, breathe here. Raise your arms above your shoulder, turn your back foot to a 45 degree angle. Align your front knee above your ankle with a bend

Qualities: Suck your navel toward your spine to engage your core, press down through your shoulders to elongate your neck

Modifications: Option to drop your back knee, Option to bring hands to heart center. Option to shorten your stance

Posture 2: Low Lunge

Cues:Inhale, Exhale low lunge, plant your hands to either side of your front foot. Connect your torso to the top of your thigh.

Qualities: Navel to spine, core is still engaged. Press your back heel to the back of the room to elongate through your hamstring and calf

Modifications: Option to drop to your knee

Posture 3: Malasana

Cues: Inhale Malasana. Step your back foot forward, hip width distance apart. Squat with hands to heart center

Qualities: Dip your tailbone down and in to access your ROOT CHAKRA, Press your hands to your chest and elbows into your knees to help open your heart and deepen your stretch

Modifications:Option to take an easy seat

Posture 4: Plank

Cues: Exhale, Plank, plank your palms firmly to your mat. Step both your feet back. Stack your shoulders above your wrists

Qualities: Press the crown of your head to the front of the room to elongate your spine. Re-energize your navel to your spine to activate your core

Modifications: Option to come down to your knees