

# Chakra yoga course

## by Sevanti

### Welcome and information

Welcome to this sacred journey through the chakras...

These sessions are appropriate for all levels of yoga, as full explanations and modifications are given to enable you to practice at your chosen level. Experienced practitioners will also find the challenge they need!

Please note that the sessions slowly build up throughout each class – it is recommended to start at Class 1 and work progressively through to Class 7.

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## What's included?

The course consists of this information plus

- Introduction video (please watch first)
- 7 x 2 hour sessions

## Content of each session

Each class is designed to be complete in itself. I would suggest that you have a notepad or journal to hand, not just for the writing exercise at the end but because you may wish to make a note from the introduction that I give at the start of the session.

### Introduction

I introduce the chakra (from the base to the crown, one per session) and offer suggestions on which oils and crystals you may wish to use during your practice. Please note that these are also listed in the 'What do I need?' section below, so that you can prepare in advance.

There will be qualities given for each chakra before we start our practice, so you may wish to write some of those points down.

### Asana

The asana class then follows, punctuated with meditations, mudras and a relaxation and mantra at the end. The structure of the class is designed around the energy centre in focus, whilst being complete and balanced in itself.

Feel free to watch the demonstrations before you practice. This is essential for postures such as shoulder stand, where the instructions are very important to adhere to, particularly if you have never attempted it before.

It is also vital that you do not attempt to turn the head to watch the screen when in these more compromised movements.

Breathwork and meditation are the foundations of yoga, so please have patience with the slower foundations laid in the first session(s) and give yourself the gift of slowing down and dropping into a more gentle pace. Your nervous system will be happy for the break!

### Final relaxation

At the end of the session, I give further detailed information on the chakra within the final relaxation. You can listen to this separately after the practice if you choose, so as to write extra notes if you find it helpful.

You will be invited to follow a meditation/visualisation to deepen the awareness of the chakra, to allow a deeper acknowledgement and potential understanding

of all that is being 'held' in the energy centre. The healing and sankalpa (affirmation) within this meditation can help us to feel more at ease and balanced in this region of the body, along with the releasing of emotional/mental stress. This final cleansing meditation enhances the physical journey, which can be repeated whenever desired.

### Writing meditation

A writing meditation then follows, at the end of the class (there's more information on this below). I offer questions and suggestions for reflection, after which you may take as long as you need to write in your journal as a response to the asana journey and final meditation. I suggest that you write with the 'stream of consciousness' writing style, whereby you do not need punctuation or structure but instead you write from your *heart*.

The basic questions are also listed below, to help you prepare for this reflective writing exercise. Further suggestions are given in each class.

These reflections help us to reflect upon the needs of the body and mind, so that we may make any adjustments in our lives to truly support and nourish ourselves.

Each class, when all practiced regularly in order, offers an opportunity to get to know ourselves a little better. Through the yogic movement, meditations, breathing exercises and reflective writing, we can tune in to each energy centre and each region of the body to release any physical, emotional or mental strain and to feel more spiritually alive and integrated.

### The chakra system

The chakra system is a fascinating energy-body 'map' of our physical, emotional, mental and spiritual self. While we have thousands of chakras (a chakra being a vortex of incoming and outgoing energy along the central energy channel, meaning 'wheel'), here we focus on the main seven chakras. And we have many smaller energy centres in the joints of our limbs, so we also spend time articulating each of these 'gateways' to encourage prana to flow more freely to the extremities. Working deeply with the fascia (connective tissue) in a wide range of yoga postures, each two-hour session is extremely releasing and rejuvenating!

Of course, this is a complex system and in this course I am merely touching its surface. The course is not intended to over-simplify or to be a complete course but to offer something to think about, a way to reflect on our different characteristics and personal needs. To me, this journey through the chakras helps to identify with different aspects of myself, to ensure that I am caring for all my needs and taking time to get to know where I hold my tension, why it is there and how I can release it.

The final affirmation and gratitude for each energy centre, and its corresponding emotions and expressions, assists us to recognise the abundance that we have within us. Perhaps it may help us to be kinder to ourselves and to tread more

gently in the world, with enhanced care and respect for others on their own journeys.

Not meaning to over-simplify, please allow these sessions to nourish you in whatever way they can. Whether subtle or more profound I hope that you feel more relaxed and revived by the end! You may wish to practice on a lighter level, enjoying the anatomical focus rather than the spiritual perspective. Please use in whichever way you wish!

## Introduction video

Please listen to the intro video, which explains all of this in a little more detail and suggests the props and other items that you will need. You may also choose to play some background music of your choice, to go with the sound of my voice. This helps you relax even deeper.

I hope that you enjoy the journey!

## What you will need

### Advised

Yoga mat or blanket

Blocks or cushions

Belt or scarf

Blanket, eye pillow

Journal and pen

You may also wish to wear clothing to match the chakra!

Base-red, sacral-orange, solar plexus – yellow, heart – green, throat – blue, 3<sup>rd</sup> Eye – Purple, Crown – White/Indigo

### Optional – essential oils

You may buy pre-blended essential oils online (or contact Unity for suggestions and our own oils coming soon!). Please be very careful if mixing your own, I would always suggest to seek an aromatherapist, as some oils are not suggested for certain conditions.

However, if you still wish to blend the oils yourself then I would suggest using a 15ml base oil such as sweet almond (or grape seed, if allergies), with 1-2 drops of up to 3 oils.

Examples are:

Base: Cedarwood, Patchouli, Myrrh

Sacral: Ylang Ylang, Jasmine, Rose, Lavender

Solar Plexus: Rosemary, Juniper, lemon

Heart: Rosewood, Geranium, chamomile

Throat: Eucalyptus, Peppermint, Frankincense

3<sup>rd</sup> Eye: Melissa, Vanilla, Sandalwood

Crown: Jasmine, Holy Basil, Vetivert

### Optional – crystal suggestions

If you would like to place crystals onto the chakra directly or into the hands, you may choose clear quartz throughout. You may use quartz in the hands, or Boji stones to balance, but prefer corresponding crystals on the chakras.

Some ideas:

Base: Obsidian, red jasper, ruby

Sacral: Moonstone, labradorite, carnelian

Solar Plexus: Citrine, tiger's eye, pyrite

Heart: Rose Quartz, aventurine, rhodochrosite

Throat: Kyanite, chrysocolla, turquoise

3<sup>rd</sup> Eye: Amethyst, lapis lazuli, sugilite

Crown: Celestite, quartz, angelite

## Writing exercise at the end of each session

### The exercise

During the savasana, you will be invited to enquire into the chakra or region in focus to notice if you feel any emotional or physical holding that constricts the flow of prana in that area.

The writing exercise that follows will deepen that curiosity, instigated by

- a) general questions about the whole yoga session as well as the final inner journey and
- b) specific questions relating to the chakra in focus

Please do not worry if this part does not flow for you, in terms of the actual writing practice, but also with the sensing and visualising. It takes practice! Some people are more visual than others, some are able to sense more than 'see' – please write whatever comes up.

Free writing also takes practice: try to write without punctuation or structure, start your answer simply and see what flows.

Please note that all of these instructions are given on the video, this information is offered as a back-up/ further detail.

## Questions and affirmations

Here are the usual **questions** asked for aspect a) ie general questions:

1. What was your favourite posture today and why?
2. What felt most challenging and why?
3. What helped you connect most to the chakra in focus?
4. Which area of the body did you identify with, as holding tension / in need of release/healing?
5. A) Are you able to describe how this area of the body may be visualised/ envisaged from the inside; ie the colour/texture/shape/feeling?  
B) Maybe a memory came to mind here... you may wish to write whatever thoughts, feelings or images came to the surface here.  
C) Is there an overall adjective that you could describe this sense/ feeling held here (eg fear)?  
D) Find an opposite adjective, which you would like to breathe into this area (eg trust)
6. What does this chakra 'need'? (ie are there forms of exercise that may help/ change of posture/ hobbies and experiences that you love to do that can help relax and release this chakra or part of the body?)
7. Can you place this need into a sankalpa (a heart's desire affirmation)? This is always a positive statement, in the present tense, stating that it is already so. Please see chakra examples below.

Examples of **affirmations** (to supplement or inspire your own ideas), and specific **questions** ('b') for each specific chakra:

### Base Chakra: Muladhara

#### *Affirmation ideas:*

I am grounded and steady  
I am where I need to be  
I have enough, I am enough  
My basic needs of stability and survival are met

#### *Questions:*

What helps me feel more grounded?  
How do I feel nourished and secure?  
What would I chose to do if I had all my basic needs met?

### Sacral Chakra: Svadhithana

#### *Affirmation ideas:*

I am flowing with creative ideas  
I feel nourished by nurturing relationships

I deserve pleasure and joy in my life  
My sexuality is sacred and I honour my choices

*Questions:*

What do I most value in close and intimate relationships?  
How could I create more flow in my life?  
What forms of creativity could I bring more into my life?

Solar Plexus Chakra: Manipura

*Affirmation ideas:*

I feel courageous and confident  
I believe in myself and celebrate who I am  
I am worthy of happiness/love/success  
I have the inner strength and power to manifest my dreams

*Questions:*

What can I do to increase my sense of confidence and personal power?  
What am I scared of and how does it hold me back?  
When have I felt most courageous and what do I appreciate about myself at that moment?

Heart Chakra: Anahata

*Affirmation ideas:*

I love and accept myself for who I am  
I am able to move beyond resentment into gratitude  
I am grateful for all that I have and all that I am  
I feel compassion for all living beings

*Questions:*

Is there anything preventing me from feeling more love in my life?  
Are there any new or forgotten activities that I love doing?  
What are all the things that I love about myself?

Throat Chakra: Vishuddha

*Affirmation ideas:*

I speak from my heart with honesty  
I express myself with confidence and ease

I communicate with kind thoughts, speech and actions  
I deserve to be heard and stand up for myself

*Questions:*

How can I express myself with more honesty, openness and kindness?  
Am I able to listen to others with compassion?  
How do I define healthy communication?

Third Eye Chakra: Ajna

*Affirmation ideas:*

I am connected to my higher self and am able to receive divine guidance  
My intuition and instincts guide me every day  
I am open to new visions and perceptions  
I trust myself

*Questions:*

Do I accept, honour and follow my intuition?  
Do I get lost in others' perceptions of me, how can I remain in my own truth?  
How can I connect to my higher self and inner guidance more?

Crown Chakra: Sahasrara

*Affirmation ideas:*

I am living my true purpose  
I am at one with the universe  
Divine, sacred, universal energy flows in and through me  
I live each day with the awareness of the divine

*Questions:*

Do I feel spiritually connected and supported?  
Why am I here?  
Who am I?

### Gratitude

We complete each session with a reflection of gratitude. You may wish to write down a minimum of three aspects of your life that you are grateful for.



## Overview of each session

### Session 1: Base

A generous introductory relaxation to start, focusing on grounding and yogic breathing. Floor based hip openers, pelvic and spinal release. The main focus is on the feet to the waist, journeying slowly to lay careful foundations for the other six chakras.

Mantra; LAM

### Session 2: Sacral

Deepening hip and pelvic awareness and specific leg strengthening. Exploring the flow through different planes with mindful sequences. The focus is on lower abdominal strength, the release of lower spinal tightness and freedom found within open hips and an increase in strength and endurance.

Mantra: VAM

### Session 3: Solar Plexus

A stronger, more energising session, radiating our energy from the centre of our body. Raising vitality through dynamic breathing technique and uplifting movement. Spine strengthening with more upper body weight bearing. Powerful backbends and stable standing postures.

Mantra: RAM

### Session 4: Heart

A breath-filled, chest-opening session inspiring fluidity and grace. Joyful backbends, supported inversions and deep shoulder/arm release. Heart opening and deeply meditative.

Mantra: YAM

### Session 5: Throat

Plenty of twists with shoulder and neck release to free up the base of the skull and upper spine. More challenging backbends and balances with a wider range of standing poses. Breath and mantra deepen a sense of liberation within the throat.

Mantra: HAM

### Session 6: 3rd Eye

A continuous flow through familiar and developed postures. A longer exploration into various standing poses, building up the energetic spinal flow to aid 3rd eye focus. Yogic breathing techniques and visualisation invites us into a deeper place of self-enquiry.

Mantra: OM

### Session 7: Crown

Returning to a more spacious session, still journeying through the entire body to explore physical and mental liberation but with a sense of a more profound and divine connection.

A final mudra and mantra sequence completes the course: RA MA DA SA SA SE SO HUNG

A longer relaxation and meditation to integrate the overall journey.

Mantra: Inner OM resonance