

KUNDALINI YOGA & THE CHAKRAS

8 POSTURES TO BALANCE YOUR
CHAKRAS

Source: Yogi Bhajan

The Teachings

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1ST CHAKRA

MULADHARA (PELVIC FLOOR)

Pose:

Squat/Crow pose:

Inhale up exhale squat (do
your best) squeeze root
lock/mula bhandha on exhale
(1-3 minutes)

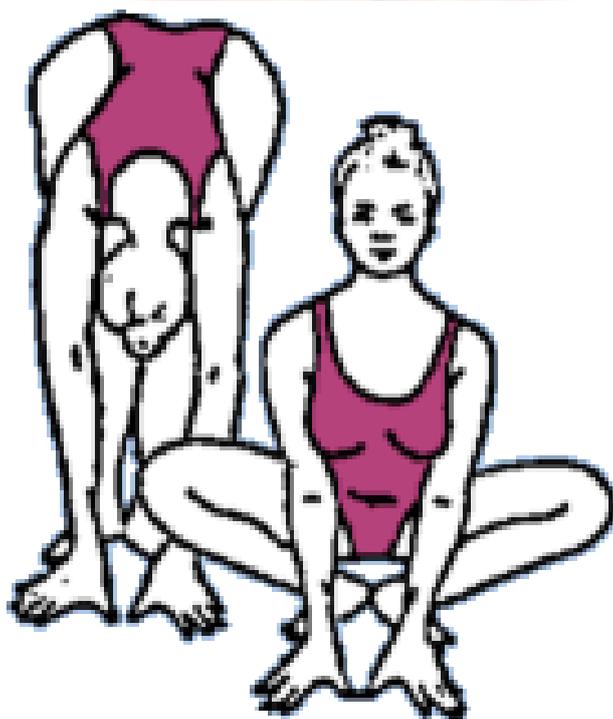


2ND CHAKRA
SVADHISHTHANA (BELOW BELLY BUTTON)

Pose:

Frog Pose:

Put your heels together with feet turned out. Squat down with your hands between your knees. Try to keep the heels off the ground, inhale up/exhale down (11)



3RD CHAKRA MANIPURA (NAVEL POINT)

Pose:

Stretch Pose

Lie on your back, lift legs
& head about 6 inches,
palms over thighs, stare
at toes, breath of fire
(1-3 minutes)



4TH CHAKRA ANAHATA (HEART)

Pose:
Backbends, heart lifts,
camel with fists on lower
back (1-3 minutes)



5TH CHAKRA VISHUDDHA (THROAT)

Pose:
Neck
stretches/Nodding/shaking
the head "no" neck
circles/singing chanting
(1-3 minutes)



6TH CHAKRA AJNA (3RD EYE)

Pose:

Child's Pose

Curl up in a ball, press your forehead into a pillow or the earth, arms can be stretched out on floor, palms together (guru pranam) 1-3 minutes

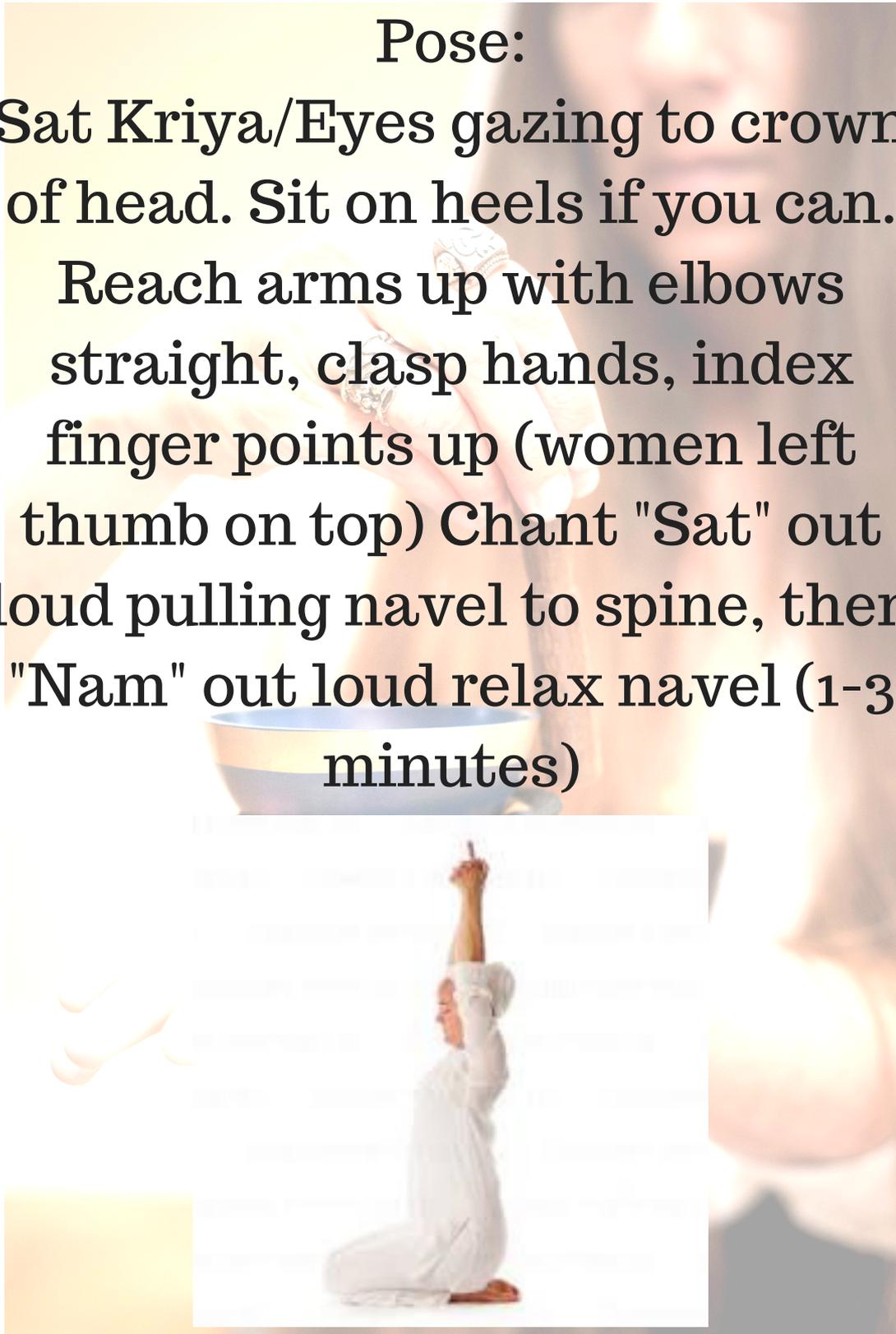


7TH CHAKRA SAHASRARA (CROWN OF THE HEAD)

Pose:

Sat Kriya/Eyes gazing to crown of head. Sit on heels if you can.

Reach arms up with elbows straight, clasp hands, index finger points up (women left thumb on top) Chant "Sat" out loud pulling navel to spine, then "Nam" out loud relax navel (1-3 minutes)



8TH CHAKRA

THE AURA (SPACE AROUND THE BODY)

Pose:

Arms moving up & down like wings,
backs of hands almost touching
Vertical Aura.

Then Horizontally arms moving back
and forth almost touching in front of
body, and reaching back as far as
possible, elbows straight (1 & 1/2
minutes each posture)



YOU ARE LIGHT

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a month)

*Share it Saturday

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"Kundalini Yoga to Heal Stress &
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