

A BRIEF HISTORY OF

Yoga

YOGA IS A 5000 YEAR OLD PRACTICE THAT HAS CHANGED AND EVOLVED OVER THE MILLENIA. WHILE IT BEGAN IN NORTHERN INDIA, IT IS NOW PRACTISED ACROSS THE GLOBE. ITS ROOTS ARE INTRINSICALLY CONNECTED WITH HINDU BELIEFS AND CULTURE. YOGA WAS FIRST MENTIONED IN A HINDU TEXT KNOWN AS RIGVEDA AND LATER MENTIONED IN THE UPANISHADS. IN THE 2ND CENTURY BCE, THE YOGA SUTRAS OF PATANJALI WERE WRITTEN, PROVIDING A THOROUGH AND PRACTICAL APPROACH TO YOGA. THE YOGA SUTRAS HAVE PROVIDED THE BASIS OF COUNTLESS YOGI MASTERS AND ARE THE FOUNDATION OF MANY BRANCHES OF YOGA TODAY.

AFTER PATANJALI, A SYSTEM OF PHYSICAL PRACTICES WAS DESIGNED TO REJUVENATE THE BODY AND CURE AILMENTS. THIS SYSTEM FOCUSED MORE ON THE PHYSICAL MEANS TO ACHIEVE ENLIGHTENMENT, AS OPPOSED TO THE MORE SPIRITUAL FOCUSES PREVIOUSLY TAUGHT.

YOGA WAS FIRST INTRODUCED TO WESTERN CULTURE IN 1883 BY SWAMI VIVEKANANDA. HE WAS INVITED TO SPEAK AT THE 1893 WORLD'S PARLIAMENT OF RELIGIONS IN CHICAGO WHERE HE DISCUSSED THE PHILOSOPHY, PSYCHOLOGY AND SELF-IMPROVEMENT ASPECTS OF YOGA. HE INSPIRED MANY OTHER SOUTH ASIAN TEACHERS TO FOLLOW IN HIS FOOTSTEPS AND SHARE THE TEACHINGS OF YOGA TO THE WESTERN WORLD.

BY THE END OF THE 1930'S, THE MORE PHYSICAL PRACTICES OF YOGA BEGAN TO GAIN POPULARITY IN NORTH AMERICA, PROVIDING NEW WAYS TO ACHIEVE BETTER HEALTH. DURING THE 1960'S, YOGA GAINED EVEN MORE POPULARITY WITH ITS PEACEFUL TEACHINGS THAT COMPLIMENTED THE HIPPIE AND NEW AGE CULTURE OF THE TIME. BY THE 1980'S AND 90'S, THE RISE OF THE FITNESS INDUSTRY PAVED THE WAY FOR COUNTLESS VHS INSTRUCTIONAL VIDEOS, MAKING YOGA AN ACTIVITY AVAILABLE TO THE MASSES.

HOW TO BEGIN YOUR

Yoga Journey

EVERYONE'S SCHEDULE AND GOALS ARE DIFFERENT. BEGIN WITH THE COMMITMENT OF 3 MONTHS TO DIVE DEEP IN YOUR PRACTICE.

TO BEGIN, AIM TO FOLLOW ALONG WITH AT LEAST 1 VIDEO PER DAY. CHOOSE A YOGA CLASS, BREATHING EXERCISE OR MEDITATION TO PRACTICE. MARK IT IN YOUR WEEKLY YOGA PLANNER. ONE DAY A WEEK, COMMIT TO A FULL PRACTICE OF 1-2 YOGA CLASSES, AND YOUR CHOICE OF MEDITATION OR BREATHING EXERCISE.

HERE IS A SAMPLE SCHEDULE FOR YOUR YOGA COURSE

MONTH ONE

BEGIN YOUR YOGA JOURNEY. FOCUS ON RELAXING YOUR BODY AND MIND. **PRIORITIZE THE RELAXING PRACTICES SUCH AS GUIDED MEDITATIONS AND THE FOLLOWING YOGA CLASSES:**

- MORNING CLASS
- RELAXING CLASS
- EVENING CLASS
- JOINT MOBILITY CLASS

MONTH THREE

IT'S TIME TO EXPAND YOUR PRACTICE. EXPLORE MORE CHALLENGING CLASSES AND POSE VARIATIONS. ONE DAY PER WEEK, CHOOSE 2 YOGA CLASSES, A MEDITATION AND A BREATHING EXERCISE OF YOUR CHOICE. **CHALLENGE YOURSELF WITH THE FOLLOWING CLASSES:**

- FLOW CLASS
- POWER CLASS
- BALANCE

MONTH TWO

NOW THAT YOU HAVE SETTLED INTO A ROUTINE, BEGIN TO EXPAND YOUR PRACTICE. BEGIN TO FOLLOW ALONG WITH ADDITIONAL CLASSES WHEN YOUR SCHEDULE ALLOWS.

IMPROVE YOUR STRENGTH AND FOCUS WITH THE FOLLOWING CLASSES:

- UPPER BODY CLASS
- LOWER BODY CLASS
- FULL BODY CLASS
- CHAKRAS CLASS

CONTINUING YOUR PRACTICE

YOU NOW HAVE A WELL ESTABLISHED YOGA PRACTICE. SCHEDULE IN DAILY PRACTICES (YOGA/BREATHING EXERCISES/MEDITATIONS), WITH AT LEAST ONE DAY PER WEEK DEVOTED TO YOUR YOGA JOURNEY (2 YOGA CLASSES AND A MEDITATION OR BREATHING EXERCISE OF YOUR CHOICE).

YOGA PRACTICE CHECKLIST

HERE IS A CHECKLIST TO MARK EACH PRACTICE AS YOU COMPLETE THEM WITH A SPACE TO WRITE ANY NOTES ABOUT YOUR EXPERIENCE.

RELAXING CLASS

MORNING CLASS

EVENING CLASS

JOINT MOBILITY CLASS

UPPER BODY CLASS

LOWER BODY CLASS

FULL BODY CLASS

CHAKRAS CLASS

FLOW CLASS

POWER CLASS

BALANCE CLASS

**ALTERNATE NOSTRIL
BREATHING**

**BOX/SQUARE
BREATHING**

GRATITUDE MEDITATION

PMR MEDITATION

HOW TO LIVE A LIFE OF

Yoga



SET ASIDE A TIME AND PLACE FOR YOUR DAILY PRACTICE. HAVE YOUR YOGA MAT ACCESSIBLE AND A SPACE THAT IS CLEARED SO YOU CAN EASILY BEGIN YOUR CLASSES WITHOUT DISTRACTION.



YOGA IS ABOUT MINDFULNESS. GO ABOUT YOUR DAY PURPOSEFULLY WITH GOOD POSTURE AND A CALM MIND.



TRY TO EMPTY YOUR MIND THROUGHOUT THE DAY AND OBSERVE THE SENSATIONS IN YOUR BODY.



EXPERIENCE NATURE IN ANYWAY YOU CAN.

THE EIGHT LIMBS OF

Yoga

THE YOGA SŪTRA, AN ANCIENT TEXT WRITTEN BY PATAÑJALI AROUND 250 B.C.E., PROVIDED A COMPLETE GUIDE TO YOGA, WHICH IS STILL USED TO THIS DAY. IN THIS TEXT, THE 8 LIMBS OF YOGA WERE FIRST MENTIONED.

THE **YAMAS** AND **NIYAMAS** ARE BEHAVIOURS. ACTS THAT WE MUST EMBODY OR AVOID. THESE INCLUDE NON-VIOLENCE, COMPASSION, TELLING THE TRUTH, NOT STEALING AND NOT BEING GREEDY.

ASANAS ARE THE POSTURES THAT YOU WILL BE PERFORMING IN EACH CLASS. THESE POSITIONS NOT ONLY STRETCH AND STRENGTHEN THE BODY, THEY ALSO PURIFY BY STIMULATING THE ORGANS AND NERVES WITHIN YOUR BODY. THE ASANAS ARE HELPFUL TO BRING ALIGNMENT AND ALLOW PROPER FLOW OF PRANA (LIFE-FORCE) TO FLOW THROUGH YOU.

PRANAYAMA IS THE PRACTICE OF BREATH CONTROL WHICH INCLUDES A VARIETY OF EXERCISES. TODAY, SCIENTISTS HAVE BEGUN TO UNDERSTAND THE EFFECT OUR BREATH HAS OVER OUR SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEMS. WE ARE ABLE TO CALM OUR BODIES THROUGH CONSCIOUS BREATHING.

PRATYAHARA IS THE WITHDRAWAL FROM YOUR EXTERNAL WORLD. THIS IS THE BRIDGE, CONNECTING THE PHYSICAL AND THE INTERNAL ASPECTS OF THE 8 LIMBS. **DHARANA** IS THE CONCENTRATION OF THE MIND. IT IS THE PRACTICE OF FOCUSING ON A SINGLE OBJECT OR ASPECT DURING MEDITATION... USUALLY THE BREATH. **DHYANA** IS THE FULL ABSORPTION IN YOUR MEDITATIVE STATE, WHERE IT IS NO LONGER A PRACTICE BUT A STATE OF BEING.

FINALLY, **SAMADHI** IS THE COMPLETE CONNECTION WITH THE HIGHER CONSCIOUSNESS WHERE EGO AND DISTRACTION NO LONGER EXIST. THIS IS THE STATE WHERE YOU AND THE UNIVERSE BECOME ONE.

1. YAMA

2. NIYAMA

3. ASANA

4. PRANAYAMA

5. PRATYAHARA

6. DHARANA

7. DHYANA

8. SAMADHI

WEEKLY YOGA PLANNER

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AWARENESS IS THE FIRST STEP IN
HEALING. -DEAN ORNISH

TREE POSE - VRIKSHASANA

MY MANTRA OF THE WEEK

STRENGTHENS THE LEGS, HIPS,
CORE AND ARMS

IMPROVES FOCUS

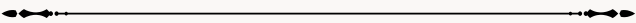
ENCOURAGES BETTER
BREATHING



Blank space for writing the mantra of the week.

MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK



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MY PRACTICE THIS WEEK

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WEEKLY YOGA PLANNER

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YOGA IS THE SETTLING OF THE MIND INTO SILENCE. WHEN THE MIND HAS SETTLED, WE ARE ESTABLISHED IN OUR ESSENTIAL NATURE, WHICH IS UNBOUNDED CONSCIOUSNESS. OUR ESSENTIAL NATURE IS USUALLY OVERSHADOWED BY THE ACTIVITY OF THE MIND.

-PATANJALI

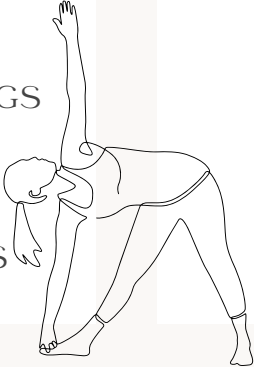
TRIANGLE POSE - TRIKONASANA

MY MANTRA OF THE WEEK

BENEFITS WOMEN'S HEALTH

STRENGTHENS THE SPINE, LEGS AND SHOULDERS

STIMULATES THE DIGESTIVE AND CIRCULATORY SYSTEMS



MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK

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MY PRACTICE THIS WEEK

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WEEKLY YOGA PLANNER

IT IS HEALTH THAT IS REAL WEALTH AND NOT PIECES OF GOLD AND SILVER.
-MAHATMA GANDHI

STANDING FORWARD FOLD - UTTANASANA

MY MANTRA OF THE WEEK

RELIEVES BACK PAIN

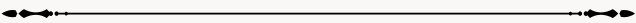
STIMULATES THE DIGESTIVE
SYSTEM

INCREASES BLOODFLOW TO THE
LUNGS AND BRAIN



MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK



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MY PRACTICE THIS WEEK

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WEEKLY YOGA PLANNER

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IN THE MIDST OF MOVEMENT AND CHAOS, KEEP STILLNESS INSIDE OF YOU.
-DEEPAK CHOPRA

CROW POSE - KAKASANA

MY MANTRA OF THE WEEK

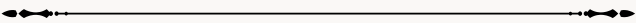
STRENGTHENS THE ARMS AND CORE WHILE STRETCHING THE UPPER BACK

IMPROVES FOCUS AND BREATH AWARENESS



MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK



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MY PRACTICE THIS WEEK

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WEEKLY YOGA PLANNER

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YOU CAN'T MAKE POSITIVE CHOICES FOR THE REST OF YOUR LIFE WITHOUT AN ENVIRONMENT THAT MAKES THOSE CHOICES EASY, NATURAL, AND ENJOYABLE.
-DEEPAK CHOPRA

WARRIOR II - VIRABHADRASANA II MY MANTRA OF THE WEEK

STRENGTHENS THE ARMS, LEGS AND CORE

IMPROVES FOCUS AND BREATH AWARENESS

HEALS LOWER BACK PAIN



MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK

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MY PRACTICE THIS WEEK

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WEEKLY YOGA PLANNER

MINDFULNESS PRACTICES ENHANCE THE CONNECTION BETWEEN OUR BODY, OUR MIND AND EVERYTHING ELSE THAT IS AROUND US. MINDFUL LIVING IS THE KEY TO UNDERSTANDING OUR STRUGGLES WITH WEIGHT AND TO EMPOWERING US TO CONTROL OUR WEIGHT.
-THICH NHAT HANH

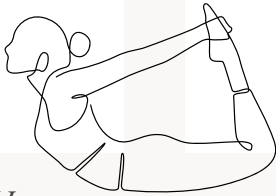
BOW POSE - DHANURASANA

MY MANTRA OF THE WEEK

STRENGTHENS THE ENTIRE BODY AND STIMULATES DIGESTIVE SYSTEM

STRENGTHENS & ALIGNS THE SPINE

CURES ATHSMA, DIABETES AND MENTRUAL SYMPTOMS



MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK



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MY PRACTICE THIS WEEK

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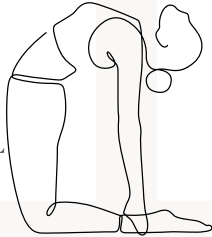
WEEKLY YOGA PLANNER

IT IS POSSIBLE TO LIVE HAPPILY IN THE HERE AND THE NOW. SO MANY CONDITIONS OF HAPPINESS ARE AVAILABLE - MORE THAN ENOUGH FOR YOU TO BE HAPPY RIGHT NOW. YOU DON'T HAVE TO RUN INTO THE FUTURE IN ORDER TO GET MORE.
-THICH NHAT HANH

CAMEL POSE - USTRASANA
HEART OPENING POSTURE THAT HEALS THE HEART CHAKRA

LENGTHENS ABDOMINAL MUSCLES, PROVIDING RELIEF AFTER A CORE FOCUSED WORKOUT

STIMULATES THE ABDOMINAL ORGANS



MY MANTRA OF THE WEEK

MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK

1

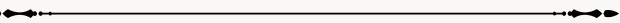
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MY PRACTICE THIS WEEK

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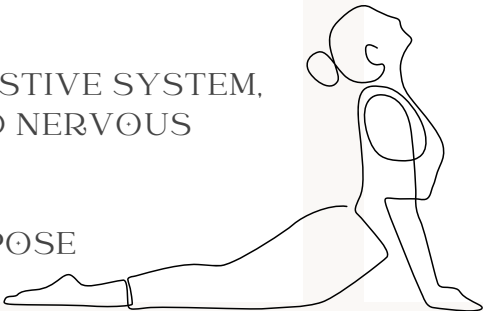
WEEKLY YOGA PLANNER

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REALISE DEEPLY THAT THE PRESENT MOMENT IS ALL YOU EVER HAVE. MAKE THE NOW THE PRIMARY FOCUS OF YOUR LIFE.
—ECKHART TOLLE

COBRA POSE - BHUJANGASANA
STRETCHES THE BACK AND CORE MUSCLES

STIMULATES DIGESTIVE SYSTEM,
THE KIDNEYS AND NERVOUS SYSTEM

HEART OPENING POSE



MY MANTRA OF THE WEEK

MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK

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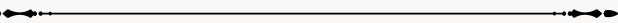
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MY PRACTICE THIS WEEK

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WEEKLY YOGA PLANNER

DO NOT DWELL IN THE PAST, DO NOT DREAM OF THE FUTURE,
CONCENTRATE THE MIND ON THE PRESENT MOMENT.
-BUDDHA

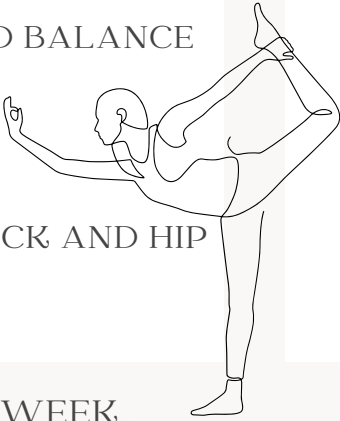
DANCER'S POSE - NATARAJASANA

MY MANTRA OF THE WEEK

IMPROVES FOCUS AND BALANCE

STRENGTHENS LEGS
AND CORE MUSCLES

OPENS THE CHEST, BACK AND HIP
FLEXORS



MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK

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MY PRACTICE THIS WEEK

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WEEKLY YOGA PLANNER

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WE FIRST MAKE OUR HABITS, AND THEN OUR HABITS MAKE US.
—JOHN DRYDEN

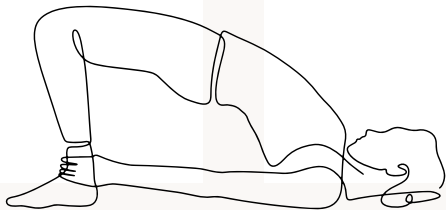
BRIDGE POSE - SETU BANDHASANA

MY MANTRA OF THE WEEK

STRENGTHENS CORE AND LOWER BODY

STIMULATES ENDOCRINE AND NERVOUS SYSTEMS

ENERGIZES THE BODY AND MIND

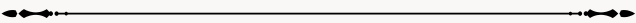


Blank space for writing a mantra.

MY YOGA GOAL THIS WEEK...

Four horizontal lines for writing a goal.

MY FAVOURITE POSES THIS WEEK



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MY PRACTICE THIS WEEK

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WEEKLY YOGA PLANNER

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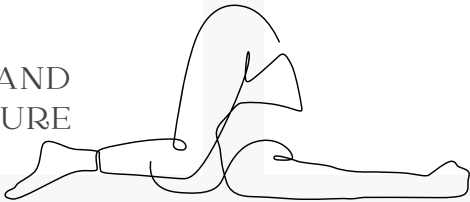
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THE WAY YOU THINK, THE WAY YOU BEHAVE, THE WAY YOU EAT,
CAN INFLUENCE YOUR LIFE BY 30 TO 50 YEARS.
-DEEPAK CHOPRA

PLOW POSE - HALASANA
STRETCHES THE ENTIRE BODY
(ARMS, NECK, BACK, LEGS)

STIMULATES THE DIGESTIVE
SYSTEM

BOOSTS CIRCULATION AND
LOWERS BLOOD PRESSURE



MY MANTRA OF THE WEEK

MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK

1

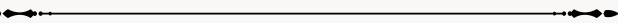
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MY PRACTICE THIS WEEK

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WEEKLY YOGA PLANNER

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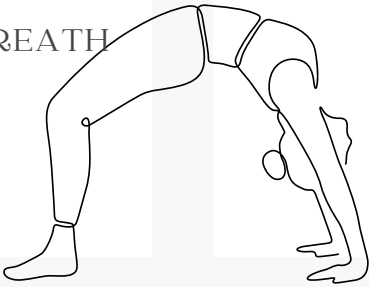
IT IS THROUGH GRATITUDE FOR THE PRESENT MOMENT THAT THE SPIRITUAL DIMENSION OF LIFE OPENS UP.

-ECKHART TOLLE

WHEEL POSE - CHAKRASANA
STRETCHES AND STRENGTHENS
THE ENTIRE BODY

IMPROVES FOCUS AND BREATH
AWARENESS

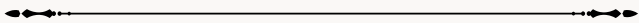
INCREASES ENERGY AND
IMPROVES MOOD



MY MANTRA OF THE WEEK

MY YOGA GOAL THIS WEEK...

MY FAVOURITE POSES THIS WEEK



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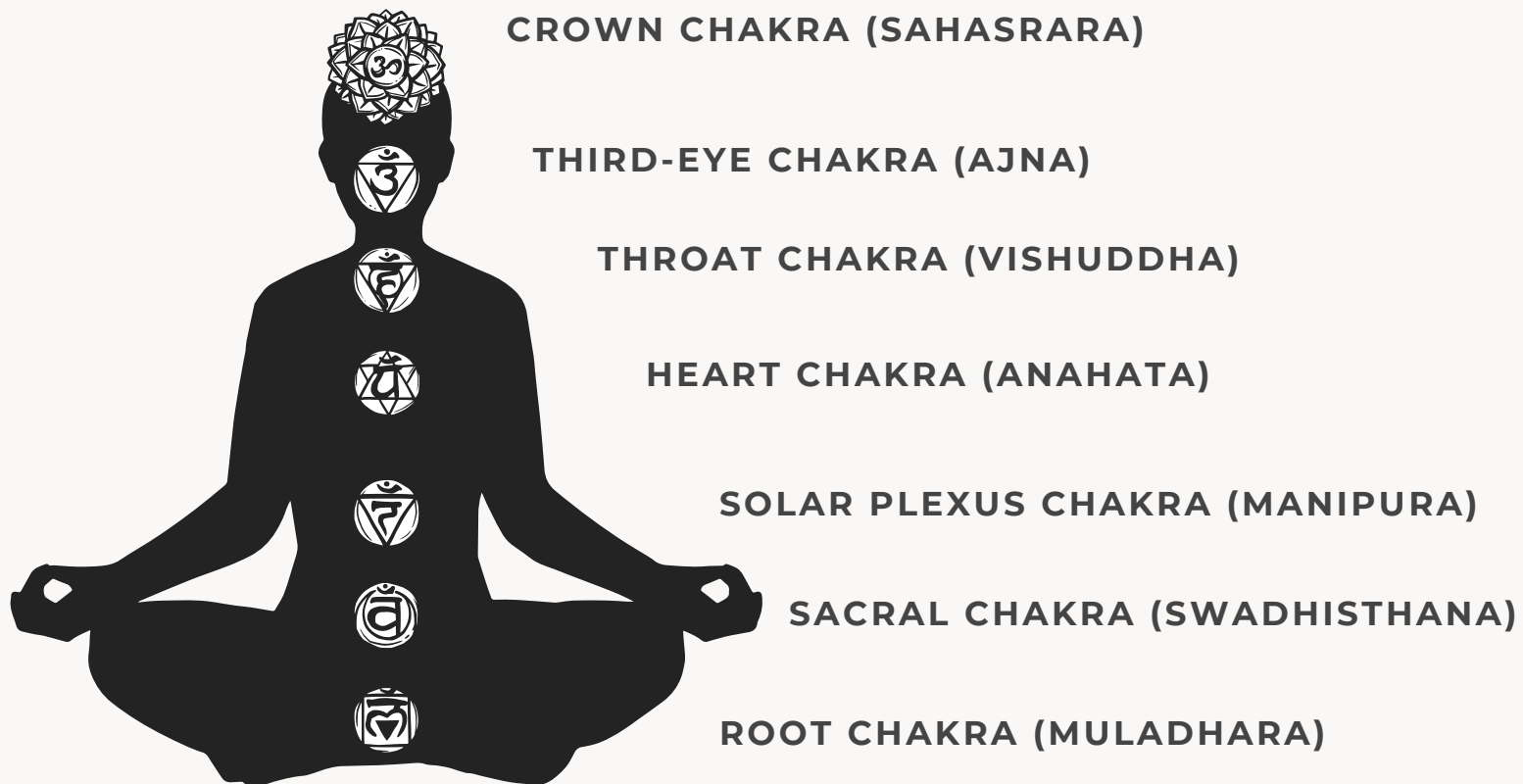
MY PRACTICE THIS WEEK

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EXPLORING THE CHAKRAS

CHAKRAS HAVE BEEN STUDIED FOR THOUSANDS OF YEARS IN EASTERN CIVILIZATIONS. THE CHAKRAS CAN BE CONCEPTUALISED AS SPINNING DISCS OF ENERGY THAT CAN BE FOUND ALONG THE LENGTH OF THE HUMAN BODY, STARTING AT THE BASE OF THE SPINE, UP UNTIL THE CROWN OF THE SKULL. THEY PLAY AN IMPORTANT ROLE IN EASTERN SPIRITUALITY AND MEDICINE.

THEIR LOCATIONS CORRELATE WITH SEVERAL NERVE BUNDLES IN OUR NERVOUS SYSTEM. THROUGH AWARENESS AND MEDITATION, WE CAN ACTIVATE THESE CHAKRAS AND BRING ABOUT THEIR EVOLUTION. CHAKRA MEDITATION CAN PROVIDE A SYSTEMATIC METHOD TO ADDRESS BOTH EMOTIONAL AND PHYSICAL DYSFUNCTIONS IN THE BODY.



EXPLORING THE CHAKRAS

AN UNBALANCED OR UNEVOLVED CHAKRA CAN BE EXCESSIVE AND DEFICIENT. THIS MEANS THAT THE HABITUAL RESPONSES EXHIBITED BY THESE CHAKRAS ARE UNHEALTHY OR DYSFUNCTIONAL.

AN INDIVIDUAL WITH AN EXCESSIVE HEART CHAKRA MAY BE OVERLY DEPENDENT DUE TO A PARENT THAT WITHHELD LOVE DURING THEIR CHILDHOOD. THEIR OVERCOMPENSATION FOR THIS PAST PAIN IS EVIDENCE THAT THEIR HEART CHAKRA NEEDS TO BE OBSERVED AND HEALED. SOMEONE WITH THE SAME PAST, WHO WITHDRAWS ALTOGETHER IN RELATIONSHIPS SHOWS A DEFICIENCY. THEY WITHDRAW TO AVOID THE PAST PAIN ALTOGETHER. SOMEONE CAN EXPERIENCE A CHAKRA THAT IS DEFICIENT AND EXCESSIVE AT THE SAME TIME.

AS YOU GO INWARD AND DO THE NECESSARY PERSONAL WORK, YOU CAN WITNESS THESE IMBALANCES AND MAKE THE NECESSARY CHANGES. WITH CONTINUED PRACTICE, WE CAN BRING HARMONY TO OUR ENTIRE BEING.



AS YOU WORK THROUGH THE CHAKRA EXERCISES, REMEMBER TO BE COMPASSIONATE WITH YOURSELF. GROWTH REQUIRES VULNERABILITY AND A WILLINGNESS TO FACE YOUR DEEPEST FEARS. WHEN WE SHINE A LIGHT ON THE UNDESIRE PROGRAMMING THAT WE HAVE ACQUIRED IN OUR LIVES, WE CAN BEGIN TO CHANGE IT. BEING HONEST ABOUT WHERE YOU ARE ON YOUR PATH AND THE CHALLENGES YOU FACE WILL ALLOW YOU TO BETTER NAVIGATE THE JOURNEY AHEAD.

ROOT CHAKRA (MULADHARA)



THE MULADHARA CHAKRA IS CALLED THE “ROOT CHAKRA” IN ENGLISH. IT IS LOCATED AT THE BASE OF YOUR SPINE AND THE UROGENITAL ORGANS. THIS CHAKRA IS WHERE OUR SURVIVAL INSTINCT COMES FROM. WHEN THIS CHAKRA IS AWAKENED, WE WILL FEEL SAFE AND SECURE WHEN PURSUING OUR PATH TO RECONNECT WITH OUR HIGHEST SELF. THIS CHAKRA PROVIDES A FOUNDATION FOR THE REST OF YOU AND IT IS THE BASIS FOR HOW YOU CONNECT WITH THE PHYSICAL WORLD. WHEN THIS CHAKRA IS IMBALANCED, ONE MAY EXPERIENCE ANXIETY, NIGHTMARES AND EVEN EATING DISORDERS.

LET'S BEGIN WITH YOUR ENVIRONMENT. IT'S IMPORTANT TO HAVE A SUPPORTIVE FOUNDATION IN YOUR LIFE. WHAT ARE SOME THINGS IN YOUR LIFE THAT SUPPORT YOU IN YOUR ENDEAVOURS? IE. CLOSE TO NATURE, ENCOURAGING PEOPLE, WORKSPACE FOR YOUR PASSIONS. WHAT ARE SOME WAYS YOU CAN CREATE A NURTURING ENVIRONMENT FOR YOUR LIFE?

SACRAL CHAKRA (SWADHISTHANA)



THE NEXT CHAKRA IS SVADHISTHANA. IT IS ASSOCIATED WITH THE UROGENITAL ORGANS, MUCH LIKE THE MULADHARA CHAKRA. YOUR EMOTIONS AND HOW YOU RELATE TO THEM ARE LINKED WITH THE SACRAL CHAKRA. THIS CHAKRA IS ALSO THE ORIGIN OF YOUR UNCONSCIOUS URGES. THESE URGES ARE THEN ACKNOWLEDGED BY YOUR CONSCIOUSNESS, LOCATED IN YOUR UPPER CHAKRAS. THIS IS WHY URGES CAN SEEMINGLY COME OUT OF NOWHERE, SINCE THEY ARE NOT CREATED WHERE YOUR THOUGHTFUL MIND IS LOCATED. THIS CHAKRA IS ALSO ASSOCIATED WITH YOUR SEXUALITY AND CREATIVE EXPRESSION. THIS FOUNDATIONAL CHAKRA, WHEN IN HARMONY, WILL ALLOW US TO HEALTHILY NAVIGATE THE SEDUCTIVE PLEASURES OF THE WORLD. WHEN IT IS IMBALANCED, WE CAN EXPERIENCE ADDICTIONS, INTIMACY ISSUES AND INABILITY TO EXPRESS ONE'S SELF CREATIVELY.

HOW IS YOUR RELATIONSHIP WITH YOUR EMOTIONS? DO YOU REPRESS THEM OR LET THEM TAKE OVER?

SOLAR PLEXUS CHAKRA (MANIPURA)



THE MANIPURA CHAKRA IS LOCATED IN YOUR SOLAR PLEXUS AND AFFECTS THE DIGESTIVE SYSTEM. THE ASTRAL EMOTIONS ASSOCIATED WITH THIS CHAKRA ARE WORRY AND CONTENTMENT. THE THOUGHTS RELATED TO THIS CHAKRA ARE FEARING AND HOPING FOR THE FUTURE. THIS CHAKRA, WHEN OUT OF BALANCE, CAN CAUSE DISORDERS IN THE DIGESTIVE SYSTEM AS WELL AS THE PANCREAS. THIS CHAKRA IS ALSO LINKED WITH WILL POWER, STRENGTH AND ENERGY. AS THE METABOLISM IS CLOSELY ASSOCIATED WITH THE MANIPURA CHAKRA, OUR ENERGY LEVELS ARE GREATLY AFFECTED WHEN THIS CHAKRA IS OUT OF BALANCE. WE EXPERIENCE A STRONG SENSE OF PURPOSE AND CONFIDENCE WHEN THIS CHAKRA IS BALANCED.

WHAT MAKES YOU, YOU? EVERYONE IS DIFFERENT, AND THAT'S ONE OF THE MOST AMAZING THINGS ABOUT US. OUR INDIVIDUALITY IS SACRED AND SHOULD BE CELEBRATED. LIST SOME THINGS THAT SET YOU APART OR MAKE YOUR PASSION IGNITE? ARE YOU AN ACTIVIST? AN ARTIST? A GREAT LISTENER? TRY SITTING IN SILENCE AFTERWARDS AND EXPLORE WHO IT IS YOU WISH TO BE.

HEART CHAKRA (ANAHATA)



THE ANAHATA CHAKRA IS LOCATED AT THE HEART AND INFLUENCES THE CIRCULATORY SYSTEM. THE ASTRAL THOUGHTS OF THIS CHAKRA ARE JOY AND JEALOUSY. THIS IS WHERE OUR JUDGMENTS ARE FORMED. WHEN THIS CHAKRA IS OPEN, FEELINGS OF COMPASSION AND EMPATHY ARE FELT FOR ONE'S SELF AND OTHERS. THE HEART CHAKRA IS CONSIDERED THE BRIDGE BETWEEN THE UPPER AND LOWER CHAKRAS. IT IS WHERE WE INTEGRATE ALL THAT IS MANIFEST AND ALL OF THE SPIRITUAL QUALITIES OF THE HIGHER SELF. THE THYMUS GLAND IS LOCATED BEHIND THE STERNUM, JUST ABOVE THE HEART CHAKRA AND IT PRODUCES HORMONES THAT AID THE IMMUNE SYSTEM. IT HAS BEEN SHOWN THAT STRESS CAN INHIBIT THE PROPER FUNCTION OF THE THYMUS GLAND. BY BRINGING THE HEART CHAKRA INTO BALANCE, YOU CAN EXPERIENCE BETTER FUNCTION OF THE THYMUS GLAND, WHICH CAN IMPROVE THE IMMUNE SYSTEM.

ONE OF THE MOST POWERFUL WAYS TO CONNECT WITH OUR HEART CHAKRA IS TO FOCUS ON GRATITUDE. WHAT ARE YOU GRATEFUL FOR IN YOUR LIFE? LIST EVERYTHING THAT COMES TO MIND, NO MATTER HOW SIMPLE. HAVING GRATITUDE IS ESSENTIAL TO EXPERIENCE AN ENLIGHTENED AND ABUNDANT LIFE.

THROAT CHAKRA (VISHUDDHA)



THE VISSUDHA CHAKRA IS LOCATED IN THE THROAT AND INFLUENCES THE RESPIRATORY SYSTEM. THIS IS THE CHAKRA THROUGH WHICH WE EXPRESS OURSELVES VOCALLY WITH THE WORLD. WHEN IT IS BALANCED, WE ARE ABLE TO COMMUNICATE CLEARLY, AND AUTHENTICALLY. IMBALANCES CAN CAUSE SPEAKING TOO MUCH OR TOO LITTLE. MANTRAS ARE WORDS OR SOUNDS THAT WE CAN CHANT WHILE MEDITATING, WHICH, DEPENDING ON THE CHOSEN MANTRA, CAN AFFECT A SPECIFIC CHAKRA.

WHEN THIS CHAKRA IS BALANCED, WE CAN EXPRESS OUR AUTHENTIC SELVES TO THE EXTERNAL WORLD AS WELL AS WITH OURSELVES. WE ARE ALSO ABLE TO LISTEN AND UNDERSTAND OTHERS ON DEEPER LEVELS.

WHAT IS YOUR TRUTH? WITHOUT THE FEAR OF JUDGMENT, WHAT WOULD YOU SAY TO THE WORLD? USE THIS SPACE BELOW TO STAND UP FOR YOURSELF AND WHAT'S IMPORTANT TO YOU.

THIRD-EYE CHAKRA (AJNA)



THE AJNA CHAKRA IS LOCATED BETWEEN THE EYEBROWS AND IS CONNECTED TO THE CENTRAL NERVOUS SYSTEM. IT IS ALSO KNOWN AS THE THIRD EYE CHAKRA. THE ASTRAL EMOTION OF THIS CHAKRA IS TRANSCENDENTAL BLISS. THIS CHAKRA IS LINKED WITH OUR INTUITION, AND WHEN BALANCED, WE ARE BETTER ABLE TO CONNECT WITH OUR DIVINE INNER WISDOM. THIS CHAKRA IS BEST BALANCED THROUGH MEDITATION AND DISCONNECTING FROM THE ILLUSION OF IDENTITY.

HERE IS A FUN EXERCISE THAT REQUIRES THE THIRD EYE. TAKE SOME TIME TO SIT IN SILENCE AND VISUALIZE YOUR IDEAL LIFE. ALLOW ALL OF YOUR SENSES TO BE ACTIVATED; WHAT DOES YOUR IDEAL LIFE SOUND/SMELL/FEEL LIKE? EMBODY THE EMOTIONS YOU WOULD FEEL (JOY, PEACE, CURIOSITY) .

WRITE WHAT YOU VISUALIZED BELOW. TRY THIS EXERCISE ON A REGULAR BASIS.

CROWN CHAKRA (SAHASRARA)



THE SAHASRARA CHAKRA IS LOCATED AT THE CROWN OF THE HEAD AND IS ASSOCIATED WITH THE CENTRAL NERVOUS SYSTEM. IN ENGLISH, IT IS KNOWN AS THE CROWN CHAKRA. WHEN THIS CHAKRA IS AWAKENED, THE PRACTITIONER CAN EXPERIENCE TRANSCENDENTAL BLISS. THIS CHAKRA CONNECTS US WITH THE DIVINE ENERGY AND ALLOWS US TO GAIN THE AWARENESS THAT EVERYTHING IS CONNECTED. WHEN WE ARE CONNECTED WITH OUR CROWN CHAKRA, WE HAVE AN INNATE KNOWLEDGE THAT AT A FUNDAMENTAL LEVEL, WE ARE ETERNAL.

SIT IN A SILENT MEDITATION AND BECOME THE WATCHER OF YOUR THOUGHTS. ALLOW YOUR THOUGHTS, AS THEY ARISE TO DRIFT BACK INTO OBLIVION. ALLOW THE SILENCE BETWEEN THE THOUGHTS TO GROW LONGER. ADD THIS TO YOUR DAILY PRACTICE. WHENEVER IT CROSSES YOUR MIND, SILENCE YOUR INNER DIALOGUE AND OBSERVE YOUR OWN MIND.

AS YOU REALISE THAT YOU ARE NOT YOUR THOUGHTS, YOU WILL BE ABLE TO DISCONNECT FROM THE EGO'S REACTIVE NATURE AND THE SUBCONSCIOUS' INTERRUPTIONS.

WHAT IS YOUR RELATIONSHIP WITH SITTING IN SILENCE? WRITE DOWN THE FEELINGS THAT ARISE WHEN YOU MEDITATE.
