

PINK LOTUS YOGA~KRIYA TO BALANCE THE CHAKRAS

3 min. Easy Pose. Sit in a comfortable cross-legged position or with a straight spine in a chair. Pull the muscles of the rectum, sex organs and navel point (Root Lock or *mul bhandha*). Center yourself and stimulate energy with the Breath of Fire or long deep breathing. **(First, Second, and Third Chakras)**

4 min. Pelvic Rotations. Move the waist in circles on the pelvis, coordinating the breath with the movement. Both directions. **(First, Second, and Third Chakras)**

3 min. Spinal Flexes. Sit in a comfortable cross-legged position. Place the hands on the ankles. Inhale and flex the spine forward, pushing out the chest. Exhale and flex the spine backward, collapsing the chest. Continue to flex the spine, emphasizing the lower back. To end, inhale long and deep. Use the breath and visualization to bring the energy from below the navel and sex organ up the base of the spine to the sacrum. Hold, feel the energy. Exhale, relax the breath and come back to the center. Repeat and then relax. **(First, Second, and Third Chakras)**

1 min. Frog Pose: Keep the heels together and the fingers on the ground. Inhale through the nose as you straighten your knees; exhale through the nose as you squat down. **(Second Chakra)**

3 min. Spinal Flexes. (Rock Pose) Sitting on the heels, place the palms on top of the thighs. Inhale, flex the spine forward, and press the shoulders back. Exhale, as the spine goes backward. Move the energy to the navel. **(Third Chakra)**

1 min. Stretch Pose: Lift the head and the feet six inches off the ground. Bring the arms up, palms facing. Stare at the toes. Do breath of fire. **(Third Chakra)**

3 min. Side Twists. (Washing Machine) Come back into Easy Pose. Place the hands on the shoulders, fingers in front, thumbs in back, upper arms parallel to the ground. Inhale, twist from the waist to the left, leading with the head, exhale, twist right. Move the energy to the Heart Center. **(Fourth Chakra)**

1.5 min. Camel Pose: If full camel pose is too much of a stretch for you, place your hands in the small of your back for support and arch backwards with your head. **(Fourth Chakra)**

2 min. Shoulder Shrugs: Inhale, press the shoulders up towards the ears, exhale, let the drop down. Move the energy to the throat. **(Fifth Chakra)**

1.5 min. Cobra Pose: Lie on the ground, hands under the shoulders, palms flat on ground. Push up, lifting the heart and letting the head follow, keeping the pelvis on the ground. If this is too much of a stretch, try Sphinx pose, keeping your elbows on the ground as you arch your head back. **(Fifth Chakra)**

2 min. Neck Rolls: Exhale, let the head drop down and chin fall toward the chest. Inhale; rotate the head to the left and back, exhale, to the right and down. Move the energy to the base of the skull. **(Sixth Chakra)**

2 min. Cow Pose: On the hands and knees, the spine arches down, the head is arched back. Move the energy to the third eye. Do Breath of Fire. **(Sixth Chakra)**

3 min. Guru Pranam: Sit on the heels. Bring the torso over the thighs and place the forehead on the ground. Extend the hands in front of you on the ground in prayer. **(Sixth Chakra)**

3 min. Cat-Cow: Inhale into Cow Pose. Exhale into Cat Pose. The spine arches up, lower the head, chin toward the chest. The arms and legs remain stationary. Move the energy to the center / top of the head. **(Seventh Chakra)**

2 min. Shakti Pose: Sitting in Easy Pose, place the hands over the head in Venus Lock (fingers are interlaced). Do Breath of Fire. Move the energy to the top of the head and around. Then practice moving the energy out the top of the head into the cosmos and back. **(Seventh Chakra)**

5 min. Sat Kriya: Sit on the heels. Stretch the arms over the head with elbows straight, hugging the ears. Interlace all fingers except the index finger, which you extend. Men cross the right thumb over the left; women cross the left thumb over the right. Chant "Sat nam" at a constant rhythm. As you chant "Sat" pull in the navel; as you chant "nam" release the navel. Draw the energy up the spine. Eyes closed. (3-31 minutes) **(All Chakras)**