

# Yoga Sequence to Unblock the Chakras



Start sitting in Easy pose, take few breaths in through the nose and out through the nose to become grounded. Inhale then exhale completely, inhale to chant *Om*

Come onto all fours, take a couple of rounds of – cat cow – come back to all fours – tuck the toes, coming into **down dog**



Come down onto the forearms, walk the feet closer to the shoulders for **dolphin** – hold for 5 breaths then return to down dog – walk to top of mat, come into a forward fold, bend the knees and slowly roll up vertebrae by vertebra – coming to stand in **Tadosana**



Bring the weight into the left leg bring right foot up for **Tree pose** – step right foot back bringing the knee to the mat for a back for kneeling lunge



Frame the left foot come up into a **low lunge**,

inhale left arm up for dragon fly, bring the left elbow to left knee for side angle, then come up into warrior II, straighten the front leg, bring the right hand to the outside of the left foot, inhale left arm up for **revolved triangle** – come back to warrior II, then into a high crescent lunge, release the arms and come to stand in Tadosana

Bring the weight into the right leg bring left foot up for **Tree pose** – step left foot back bringing the knee to the mat for a back for kneeling lunge, frame the right foot come up into a **low lunge**, inhale right arm up for dragon fly, bring the right elbow to right knee for side angle pose, then come up into warrior II, straighten the front leg, bring the left hand to the outside of the right foot,



inhale right arm up for **revolved triangle** – come back to warrior II, then into a high crescent lunge , release the arms and come to stand in Tadasana

Come to the Middle of Mat pigeon toe the feet out hands to heart centre for– **Goddess pose** – straighten the arms and legs coming into Star pose

Come to Sit on the mat coming into **Easy Pose** – inhale both arms up bring the right arm or hand to the mat bending to the right, inhale back to centre them bring the left arm down and bend to the left Bring the soles of the feet to the mat,



bend the knees then straighten the legs out and extend the arms for **Boat Pose**. Release arms and legs and gently roll down onto the mat, bring the legs straight up into the air, bring the hand to the lower back and come into – **shoulder stand** – use the core muscles to come back down, bring the feet to the corners of the mat, arms along side you for **Savasana**

Stay here as long as you want at least 3-5 minutes, then bring some movement back to the fingers and toes by wiggling them, hug the knees into the chest and roll over onto one side using your arm as a pillow, then gently roll up to easy pose, bring the hands to heart centre and take a few breaths trying to maintain a sense of peacefulness. Blink the eyes open and release the hands

Note: Poses in **bold** balance the chakras, the other poses are transitional poses

*Namaste*