

# Yoga Sequence to Unblock the Heart Chakra

Start in **Tadasana** (Mountain Pose) – Inhale the arms overhead and come into a forward fold, inhale, halfway lift, exhale fold, plant the hands, step back into plank, shift the weight forward coming into



## **Cobra Pose - Bhujangasana:**

1. Lie on your stomach with your legs extended behind you and your palms flat on the floor next to your chest.
2. As you inhale, lift your head and chest off the ground, coming into a gentle backbend. Keep your elbows close to your body and your shoulders away from your ears.
3. Hold the pose for a few breaths, then exhale and lower back down to the starting position.
4. Push up through plank and come into Downdog

## **Downdog - Adho Mukha Svanasana**



1. Inhale the right leg up and step in in between the hands coming into a **Low lunge**
2. Bring the knees together, come to tabletop then back to downward
3. Inhale the left leg up and step in in between the hands coming into a Low lunge
4. Bring the knees back together



#### Camel Pose - *Ustrasana*:

1. To begin, kneel on the ground with your thighs perpendicular to your body and your shins parallel. Place your hands on either side of your hips, fingers pointing down.
2. As you inhale, press your hips forward and roll your shoulders back.
3. As you exhale, lean back, reaching your hands behind you to grab your ankles or the tops of your feet. If you can't reach your ankles or feet, place your hands on your lower back for support.
4. Press your hips forward and keep your chest lifted as you hold the pose for a few breaths.
5. Release and come to sit with the legs out long in front of you for a Forward Fold



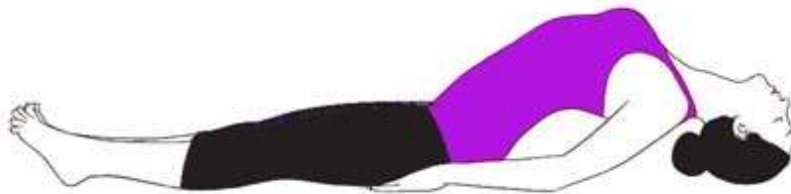
#### Seated Forward Fold - *Paschimottasana*:

1. Start sitting with your legs extended straight in front of you and your arms by your sides.
2. Inhale and lift your arms overhead, then exhale and hinge forward from your hips until your palms reach the ground.
3. If you can't reach the ground, place your hands on a blanket or block for added support.
4. Hold the pose for a few breaths, then inhale and release back to the sitting position.



### Half Lord of Fishes - *Ardha Matsyendrasana*

1. Sit on the floor with your legs extended in front of you.
2. Bend your right knee and place your right foot on the floor near your left hip.
3. Place your left hand on the floor behind you and wrap your right arm around your left knee.
4. As you exhale, twist your torso to the left, looking over your left shoulder.
5. Hold a few breaths, then release and repeat on the other side.
6. Come back to centre and gently roll down onto the mat with the legs extended



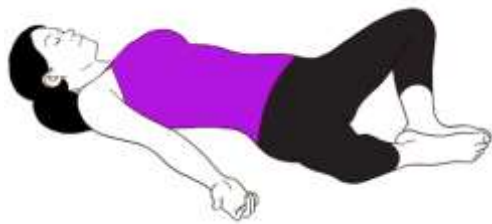
### Fish Pose - *Matsyasana*

1. Begin seated with your knees bent out in front of you.
2. Drop your forearms behind you, palms down, and begin to lean back.
3. Press your shoulder blades together and slide your glutes back toward the tops of your hands. Once you feel safe, drop the crown of your head onto the ground and gaze behind you.
4. Stay on the crown of your head and lift your chest toward the sky. Keep bent knees or walk one leg at a time out in front of you and keep them engaged.
5. Release and come to lie on the back



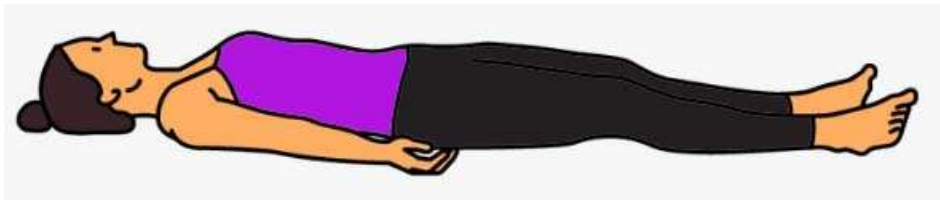
**Bridge Pose - *Setu Bandha Sarvangasana*:**

1. Lie down on your back with your feet flat on the ground and your arms by your sides.
2. Press into your feet and lift your hips off the ground, then interlace both your hands underneath the hips and lift your hips even higher.
3. Hold the pose for a few breaths, exhale, and release it back to the ground.



**Supine Bound Angle - *Utthita Supta Baddha Konasana***

1. Start sitting with your legs extended straight in front of you and your arms by your sides.
2. Inhale and bend your knees, then exhale and place your feet on the ground so that the soles of your feet are touching.
3. Inhale and lengthen your spine, exhale and gently lean back and rest your back on the floor.
4. Now gently extend your arms above your head, palms facing upward.
5. Hold the pose for a few breaths, then inhale and release the feet to the corners of the mat arms alongside you for Savasana



**Savasana**

1. Lay on your back, feet at the corners of the mat, arms alongside you.
2. Allow the body to fully relax, scanning every limb, allow the head to feel heavy on the floor feeling supported by the ground beneath you
3. Stay there as long as you want, taking a deep rest
4. When you're ready to get up bring some movement into the fingers and toes by wriggling them or circling the wrist and ankles
5. Bring the feet back together, point the toes inhale the arms overhead and take a stretch
6. Bring the knees into the chest wrapping your arms around them and slowly roll over onto one side using your arm as a pillow
7. Gently push yourself up to a comfortable position bring the hands to heart centre and take a few breathes trying to maintain a feeling of peacefulness to carry through your day