

	<h2>CHAKRA 2</h2> <p>color: orange element: water (moon)</p>
PRANAYAMA	NADI SHODHANA: ALTERNATE NOSTRIL BREATH: Use the right thumb and right ring finger. Close the right nostril with the thumb and exhale through the left nostril. Inhale through the left, close using the ring finger and exhale through the right. Inhale through the right, close, exhale left. Continue with smooth, deep breathing through alternating nostrils. Energy balancing!!
MUDRA	BHAIRAVA MUDRA / SPONTANEOUS BLISS: Rest the cupped left hand onto your lap. Rest the cupped right hand into the left hand. Allow the shoulders to relax. Downward and allow the weight of your entire being to rest down into the earth.
WARM UPS	Seated Belly massage Flowing Lateral Bends Barrel Rolls Forward Bend Forward Bend w/ chest opener: right, center, left Table Top Cat / Cow Flowing Thread the Needle Tiger Lunges Hip Circles Z Seat Hip Press Dolphin
ASANA	Table Top Frog Hip Circles Child's Pose w/ knees apart Mountain Pose Pranamasana Standing Half Moon Series 5 Pointed Star To the right: Flowing Warrior2 Flowing Warrior 2 / Reverse Warrior 2 Flowing Reverse Warrior 2 (Warrior 2) / Triangle Pose Triangle Pose Lunge Flowing Internal Lunge Twist Lunge Flowing External Lunge Twist Low Lunge Lunge Half Moon Pose Repeat to the left: Standing Half Moon Series Pranamasana Seated Bound Angle Pose Cow Face Pose Reclined: Water Wheel Pelvic Lifts / Tilts Bridge
COOLDOWN	Windshield Wipers Thigh Hug Knee Down Twist Sacrum Massage
RELAXATION	(Restorative Bound Angle?) Wave of Breath Bhairava Mudra <i>Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world. - Hans Margolius</i>

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