

	<h2>CHAKRA 4: Anahata Chakra</h2> <h3>Color: emerald green element: air</h3>
<b>PRANAYAMA</b>	
<b>MUDRA</b>	<p><b>Padma (Lotus) Mudra:</b> From Anjali Mudra, keep the tips of the little fingers and thumbs together, as well as the base of the palms. Separate the ring, middle, and index fingers wide apart to form the shape of a lotus opening its petals. Sense the light and energy rising upward from within the lotus.</p>
<b>WARM UPS</b>	<p>Seated</p> <ul style="list-style-type: none"> <li>shoulder shrugs</li> <li>shoulder stretch forward / up / lateral</li> <li>back bend</li> <li>shoulder stretch back / forward fold</li> </ul> <p>Supine:</p> <ul style="list-style-type: none"> <li>Hamstring stretch (3 way) / circles</li> <li>Supine triangle</li> <li>Supine reclined triangle</li> <li>Reclined pigeon</li> </ul>
<b>ASANA</b>	<p>Fish (tip! heart rising)</p> <p>Prone</p> <ul style="list-style-type: none"> <li>Sphinx → Cobra</li> </ul> <p>Tabletop</p> <ul style="list-style-type: none"> <li>Cat /Cow</li> <li>Puppy → Child's Pose</li> <li>Low Lunge w/ Half Camel</li> <li>High Lunge w/ Twist, arm behind opening heart center</li> <li>Pigeon</li> <li>hip circles</li> </ul> <p>Downward Facing Dog → Flipped Dog w/ hand over heart</p> <p>Standing</p> <ul style="list-style-type: none"> <li>Dancer</li> <li>Chair → w/ heart opener</li> <li>Warrior 1 w/ heart opener → Dance → Humble Warrior</li> <li>Side Angle w/ hand behind back or bind</li> <li>Triangle</li> </ul> <p>Kneeling</p> <ul style="list-style-type: none"> <li>Half-Circle → Gate</li> <li>Hero</li> <li>Camel</li> <li>Yoga Mudra</li> </ul> <p>Supine</p> <ul style="list-style-type: none"> <li>Bridge (Wheel)</li> </ul>
<b>COOLDOWN</b>	<ul style="list-style-type: none"> <li>Knees to Chest</li> <li>Thigh Press</li> <li>Knee Down Twist</li> <li>Sacrum Release</li> <li>Reclined Cow Face Pose / Happy Baby</li> </ul>
<b>RELAXATION</b>	<ul style="list-style-type: none"> <li>Contract / release</li> <li>Breathing into different areas of the body</li> </ul>

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