



## CHAKRAS 5, 6, 7

5: element - space color - sky blue

6: element - light color - violet, indigo

7: element - unity consciousness beyond the elements color - crystal light

<b>PRANAYAMA</b>	Ujjayi Pranayama: Ocean Sounding Breath
<b>MUDRA</b>	Garuda Jnana Mandala
<b>ASANA</b>	<p>OM (Jnana Mudra: <i>You are the creator – whatever you believe, that is what you create and that is what you become –Amrit Desai</i>) Rest w/ head on block or chair, awareness to third eye Seated:              neck: look right and left              neck: back of head to shoulder              neck: head to ear              shoulder stretch forward and back              neck :collar release forward and back              Seated Twist              Barrel Rolls              Back Bend w/ neck release              Forward Fold with shoulder opener, bowing to spiritual unity: So Ham: I am that</p> <p>Reclined:              hamstring stretch w/ strap              Supine Triangle w/ strap              Supine Revolved Triangle w/ strap              Bridge warm-ups              Bridge drawing energy upward</p> <p>Table Top → Child's Pose w/ forehead on fists              Child's Pose Flow w/ hands on sacrum              Camel              Yoga Mudra bowing to spiritual unity: So Ham: I am that              Lion</p> <p>Downward Facing Dog              Downward Facing Dog on forearms (dolphin)</p> <p>Standing:              Dancer              Mountain              Half Moon Series              Warrior 1 w/ prayer hands                  w/ raised arms arching back drawing energy upward                  w/ chest opener              Humble Warrior bowing to spiritual unity So Ham: I am that</p> <p>Seated:              Cow Face Pose              (Garuda Mudra: I speak from my inner Truth.)              eye exercises</p> <p>Reclined:              Fish              Thigh Press              Knee Down Twist              Reclined Cow Face Pose              Legs up the Wall              (Mandala Mudra: So Ham, I am that.)</p>

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