

Connie Borho Course Name: Chakra Powered Yoga Flow

### Course Description

The Yoga Bija defines the practice of Yoga as the unification of the web of dualities. Explore the duality of energy flow within postures and learn to gather or unify this energy flow mentally at a center point of energy, or chakra, to create greater power and stability without increasing physical effort. We will focus on mindful movement as a meditation tool recreating the constant state of motion we are in throughout every day life. This session is not just a physical workout, it is not just a lesson in mindfulness; it is a true integration of the two.

### Course Objectives:

1. Identify and define the location of the 7 chakras, what their influences are in movement and experience a vinyasa-based yoga flow that will stimulate each of these energy centers.
2. Learn how energy gathers to increase stability, and then flows to form movement, from the chakra centers and how this the duality aids in both stability and mobility in various yoga postures.
4. To develop the ability to focus internally during movement to access a meditative state.
5. Experience a sequence of poses that balances and energizes, strengthens, and lengthens the body through the chakras.

### Outline: Chakra Power Yoga Flow

1. The Seven Chakras and their Functions (15 minutes)
2. Oppositional Energy Flow
  - a. Stabilize then Mobilize, Strengthen then Lengthen
  - b. mental focus
3. Centering in Tadasana/Mountain Posture (75 minutes)

Oppositional Flow: down through feet, up through the crown of head  
Center Point: Between 2nd and 3rd Chakras  
Oppositional Flow: In to midline of body, out to aura of body  
Center Point: The Breath
4. Suryanamaskar A
  - a. Extended Mountain  
Oppositional Flow (OF) and Center Points (CP) the same as in Centering
  - b. Forward Fold  
OF: down through feet, up through sitting bones  
CP:: 1st chakra  
OF: down through hands, up through sitting bones  
CP: 3rd chakra
  - c. High Plank  
OF: forward through crown of head, back through heels  
CP: 3rd chakra  
OF: forward through hands, back through heels  
CP: 1st chakra
  - d. Low Plank: Chaturanga Dandasana  
OF and CP: same as High Plank
  - e. Upward Facing Dog: Urdhva Mukha Svanasana

OF: forward through chest, back through legs and feet

CP: 2nd and 3rd chakras

OF: down through hands, up through crown of head

CP: 4th chakra

f. Downward Facing Dog: Adho Mukha Svanasana

OF: down through heels, up through sitting bones

CP: 1st chakra

OF: down (and forward) through hands, up and back through sitting bones

CP: 3rd chakra

5. First Series

a. Warrior 1: Virabhadrasana I

OF: down through feet, out through crown of head and arms

CP: 4th chakra

OF: back through back foot, forward through front knee

CP: 2nd chakra

b. Intense east/west stretch: Parsvotanasana

OF: down through front foot, up and back through same hip

CP: 1st chakra

OF: down through back heel, forward through crown of head

CP: 2nd chakra

OF: up through hands and arms, forward with breast bone

CP: 4th chakra

6. Second Series:

a. Warrior 2: Virabhadrasana II

same as Warrior I and add:

OF: out through arms oppositionally

CP: 4th chakra

b. Triangle: Utthita Trikonasana

OF: down through front foot, back through same hip/sitting bones

CP: 1st chakra

OF: down through back foot, forward and out through crown of head

CP: 3rd chakra

OF: down through bottom hand, up through top hand

CP: 4th chakra

c. Half Moon: Ardha Chandrasana

same as Triangle

d. Reverse Triangle: Parivrtta Trikonasana

same as Triangle

e. Fan Posture: Padottanasana

OF: down through both feet, up through sitting bones

CP: 1st chakra

OF: up through sitting bones, down through crown of head

CP: 3rd chakra

7. Balancing Series:

a. Tree Posture:

- OF: down through standing foot, up through crown of head and arms
- CP: 3rd chakra
- OF: In with balancing foot against the leg, out with knee
- CP: 1st chakra
- b. Standing Pigeon Posture
  - same as Tree and add:
  - OF: forward through front knee, back with hips
  - CP: 1st chakra
- c: Crow Posture: Bakasana
  - OF: down through hands, up through hips
  - CP: 2nd chakra
  - OF: forward through breastbone, back through hips
  - CP: 3rd chakra
- d: Standing Splits:
  - OF: down through standing leg and crown of head, up through top leg
  - CP: 2nd & 3rd chakra
- 8. Abdominal Series:
  - a. Boat Pose: Navasana:
    - OF: out through legs, out through arms and torso
    - CP: 3<sup>rd</sup> chakra
  - b. Half Boat: Ardha Navasana:
    - OF: same as Boat, only arms reach long next to hips
    - CP: 3<sup>rd</sup> chakra, 4 chakra

Course Bibliography:

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- The Yoga Tradition, Georg Feuerstein, Hohm Press, Prescott AZ, 1998
- Power Yoga, Beryl Bender Birch, Simon & Schuster, New York, NY, 1995.
- A Physiological Handbook for Teachers of Yogasana, Mel Robin, Fenestra Books, Tucson, AR, 2002.
- Wheels of Life, Anodea Judith, Llewellyn Publications, 2003.
- Yoga Mastering the Basics, Sondra Anderson and Rolf Sovik, The Himalayan Institute Press, Honesdale, PA, 2002.
- Structural Yoga Therapy: Adapting to the Individual, Samuel Weiser, Inc., York Beach, ME, 2000.

Hours: 1.5 hours