

# Yoga Series for Your Chakras

## 1<sup>ST</sup> CHAKRA – ROOT (RED)



“Warrior”

## 2<sup>ND</sup> CHAKRA – SACRUM (ORANGE)



“Fetal Rock Back ‘n Forth”

## 3<sup>RD</sup> CHAKRA – SOLAR PLEXUS (YELLOW)



“Stomach Crunches”

## 4<sup>TH</sup> CHAKRA – HEART (GREEN)



“Cobra”

## 5<sup>TH</sup> CHAKRA – THROAT (BLUE)



“Plough”

## 6<sup>TH</sup> CHAKRA – BROW (INDIGO)



“Downward Dog”

## 7<sup>TH</sup> CHAKRA – CROWN (VIOLET TO WHITE)



“Shoulder Stand”

## Namaste



Close with meditation or stillness