

Yoga Class Map

This comprehensive yoga flow that transitions smoothly through each chakra, starting from the root (Muladhara) and ending with the crown (Sahasrara).

Opening Position: Centering and Grounding

Begin in a comfortable seated position, either cross-legged or kneeling.

Close your eyes and take a few deep breaths, centering yourself in the present moment.

Place your hands on your knees or in your lap, palms facing up or down as desired.

Feel the connection to the earth beneath you, grounding down through your sit bones.

Set an intention for your practice, focusing on balance, harmony, and alignment of the chakras.

Take a moment to express gratitude for the opportunity to practice yoga and nurture your well-being.

Hold this position for 2 minutes, allowing yourself to arrive fully in the present moment and cultivate a sense of inner peace and stability.

Staff Pose (Dandasana): Root Chakra (Muladhara)

Sit on the floor with your legs extended.

Ground down through your sitting bones, connecting with the earth.

Hold for 2 breaths, focusing on stability and grounding.

Seated Forward Bend (Paschimottanasana): Sacral Chakra (Svadhishthana)

Inhale to lengthen your spine, then exhale to fold forward from the hips.

Connect with the fluidity of your breath and movement.

Hold for 2 breaths, embracing flexibility and flow.

Malasana (Yogi Squat): Solar Plexus Chakra (Manipura)

Stand with your feet wider than hip-width apart, toes pointing out slightly.

Squat down, engaging your core and igniting your inner fire.

Hold for 2 breaths, cultivating strength and power.

Standing Forward Fold (Uttanasana): Heart Chakra (Anahata)

Exhale as you fold forward from the hips, opening your heart towards the earth.

Let your breath guide you into a space of compassion and love.

Hold for 2 breaths, nurturing yourself with self-love and acceptance.

Chair Pose (Utkatasana): Throat Chakra (Vishuddha)

Inhale as you raise your arms overhead, palms facing each other.

Exhale as you bend your knees and sit back into an imaginary chair.

Feel the energy rising from your roots to your throat, expressing your truth.

Hold for 2 breaths, embodying clarity and communication.

Mountain Pose (Tadasana): Third Eye Chakra (Ajna)

Stand tall with your feet together, aligning your spine.

Close your eyes and turn your gaze inward, connecting with your intuition.

Feel the harmony between mind and body.

Hold for 2 breaths, embracing inner wisdom and insight.

Wide-Legged Forward Fold (Prasarita Padottanasana): Crown Chakra (Sahasrara)

Inhale to lengthen your spine, then exhale to fold forward from the hips.

Let your head hang heavy, surrendering to the divine.

Feel the connection to the universe, inviting in higher consciousness.

Hold for 2 breaths, merging with the infinite.

Triangle Pose (Trikonasana) - Right/Left: Balancing All Chakras

Start standing with your feet wide apart.

Turn your right foot out 90 degrees and your left foot slightly in.

Extend your arms parallel to the floor.

Reach your right hand towards your right ankle or shin, and extend your left arm towards the ceiling.

Feel the alignment of all your chakras, finding balance within.

Hold for 2 breaths on each side.

Upward Seated Straddle Pose (Upavistha Konasana): Integration and Harmony

Sit on the floor with your legs wide apart.

Inhale to lengthen your spine, then exhale to fold forward from the hips.

Embrace the unity of body, mind, and spirit.

Hold for 2 breaths, integrating the energy of the practice.

Straight-Legged Toe-Hold Boat Pose (Navasana): Completion and Wholeness

Sit on the floor with your legs extended.

Lift your legs and torso, balancing on your sitting bones.

Reach your arms forward, finding stability and completeness.

Hold for 2 breaths, celebrating the journey of self-discovery.

Seated Twist (Ardha Matsyendrasana) - Right/Left: Connection to Self

Sit on the floor with your legs extended.

Twist towards the right, then towards the left, nurturing the relationship with yourself.

Feel the energy circulating throughout your body.

Hold for 2 breaths on each side, honoring your inner wisdom.

Full Body Stretch: Gratitude and Surrender

Lie on your back with your legs extended and arms overhead.

Reach in opposite directions, expressing gratitude for the practice.

Surrender to the present moment.

Hold for 2 breaths, feeling the expansiveness of your being.

Corpse Pose (Savasana): Integration and Peace

Lie on your back with your legs extended and arms by your sides.

Let go of all effort and tension, allowing yourself to fully relax.

Experience the unity of body, mind, and spirit.

Hold for 5 minutes, resting in a state of complete integration and peace.

This flow is designed to harmonize and balance the energy centers (chakras) of the body, guiding you through a journey of self-discovery and transformation. Enjoy the practice!