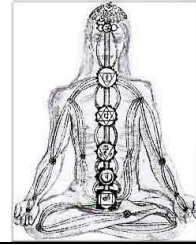


ACUYOGA FOR CHAKRA SYSTEM BALANCING

The chakras are energy centers, specific points in the body of energy flow that connect the realms of consciousness with spiritual essence. They function in bringing together a balance of all parts of our being- physical, emotional, mental and spiritual aspects.



Balancing from the lower (root) chakra to the highest point (crown):

CHAKRA	FUNCTION	MOVEMENT
1. Root	Activate and balance the point at the base of the spine	Sitting, lifting at arms at the back of the body, then mid-section of body up, hold for count of 7, drop slowly, hold for count of 7.
2. Sacral	Stretches sciatic nerve (one of the largest nerves in the body) to increase physical energy. Sacral chakra governs impulses of creativity and sexuality. Strengthens spine. Strengthens sacral front, helps with indigestion/menstrual issues imbalances.	Sitting with one leg tucked, reaching and stretching down to angle; counts of 7 down then release. Switch sides. Cat-Cow Lying face down, fists under hip bones. Rise and drop to counts of 7.
3. Solar Plexus	Power center of the body. Regulates how centered we feel throughout the day. Emotional balancing.	Lying face down, move fists up to under ribcage. Breathing in and out to internally massage and stimulate your whole center. Sitting on knees, slump down your back to relax with head dropping; inhale and bring back and head up.
4. Heart	"Flapping wings"- helps with blood pressure, breathing and cardiac issues. Interconnects heart meridians to balance functions and energies.	Bringing arms to together, then reaching and stretching backwards to open and stretch the heart/lung area. Sitting in lotus, cross hands under arms to regulate heart. With eyes closed, meditate and breathe slowly into and out of the heart area.
5. Throat	Regulates sound and expression of one's self from feelings to creating to what you want in life. Related to thyroid regulation and balance as well as the endocrine system. Moving balance of lower chakras upwards...	Lying on back, arms outstretched with palms up, roll head to one side, hold for count of 7; roll head to other side for count of 7. "Swinging Bridge"- Lying on back, bring knees up, hands by side, then move hands upward overhead while bringing back and pelvis area up from ground.
6. Third Eye	Causes clear or unclear mind, depending on balance of this chakra area.	Sitting in lotus, place arms back with hands facing away from the body. Slowly draw head upwards, hold for count of 7, slowly bring down a bit; repeat rising and falling.
7. Crown	Governs universal consciousness; stimulates pineal gland at the center of the brain controlling and increasing one's ability to receive universal energy.	Savasana with meditation- Eyes closes, rolling backwards, breathing long, slow and deep while visualizing a white circulation of light throughout the body.

Meditation provided by [The King's Bridge](#)- *This year of 2012 the Feminine Principle will descend from Grandmother Spider Woman, the weaver of creation. Her silken threads will cover the heads of the New Breed. Translated: Right thinking, right action. This is the time of the heart ... of the Return to a Matriarchal Society. Mother rules by inspiration, education and example. Mother does not break up family units to send her offspring to war. Mother does not see the weak as a problem. She spoon feeds them Love. She is blind to the demands of the foolish ones who view children and women as chattel.*