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## **Chakra Flow Series** **w/ Dana Damara**



## Chakra Flow Series 1

### Muladhara Chakra | 15 min

The Muladhara, or root chakra is about rooting deep into the Earth so each breath and each movement is an expanded version of ease and grace.

Starting with a firm foundation is the key in building anything in life: relationships, learning a new skill, building a home, anything worth growing needs a firm foundation first. This is our Root Chakra. It is the foundation of the entire system and it is the ground that supports and nourishes us.



The Root Chakra represents how we interface with the physical body - our home, finances, work and environment. It represents our physical identity and how we identify with our needs. Its purpose is self-preservation - making sure we survive on our journey. When our root chakra is functioning properly, we feel safe and secure. When we are out of balance, we feel fear. If fear becomes habitual through repeated trauma, our body releases stress hormones into the body, constricting this energy field.

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## Chakra Flow Series 2

### Svadhishthana Chakra | 20 min



Once we find foundation, security and stability through our root chakra, we can begin the journey upward, through the chakras. Where root chakra is grounding, Svadhishthana, or sacral chakra is fluid; its element is actually water.

Remember that water flows effortlessly -- it flows the path of least resistance. While root (earth) provides consistency, water induces change. Through change -- consciousness begins to expand -- growth and transformation happens without extra effort.

Pleasure is the motivating principle of the second chakra. Once survival needs are met, we move toward pleasure.

Pleasure promotes well-being and is a natural healing force. We learn how to open up, how to move, how to reach beyond ourselves.



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## Chakra Flow Series 3

### Manipura Chakra | 20 min

Chakra three is our place of personal power, our center of energy, our power chakra. Root chakra keeps us grounded to the earth; sacral chakra keeps things flowing as our water element and the Manipura, or solar plexus chakra generates energy with our internal fire.

This is where we build strength and develop our will to carry out our deepest intentions, gifts and passions in life. Our third chakra gives us the power we need to get through the more difficult and challenging times of our journey -- the ones that bring us to the transformation our soul seeks over a lifetime.

The third chakra is powerful and most often, this is where we get stuck. It is important that we pay attention to the circumstances that enhance our energy and the ones that suppress our energy; moving toward those that enhance and grow our energetic vibration.



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## Chakra Flow Series 4

### Anahata Chakra | 20 min



Chakra four, the heart chakra, is the very center of our entire chakra system. This is the area of our body where we give and receive love.

To a child, love defines security and survival. For the adult it brings the intimacy that creates vulnerability and openness. The heart's task is to find balance in all relationships -- mind and body, light and dark, egoic and subconscious needs -- all resulting in inner peace.

The central focus of the heart chakra is connecting with others and opening to love. To fully feel a true connection with others, we must find compassion

and empathy for others. Being completely present when others are talking, being vulnerable with others and opening to an unconditional acceptance of someone else is exercising your heart chakra qualities.



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## Chakra Flow Series 5

### Visuddha Chakra | 20 min

The fifth chakra, the throat chakra, sometimes referred to as the bottleneck of the chakra system, is all about sound, vibration, rhythm, music, voice, words and communication. Its name, Vishuddha, actually means purification -- making space in the energy body for higher consciousness.

It is essential to go deeper into our core in order to integrate and balance our single vibrating truth. This chakra is all about opening and using our voice appropriately. It's about speaking our truth and freeing our personal creativity. The essence of this chakra is to find resonance and harmony with all that is vibrating around you. We are meant to be open to speaking and listening, singing and dancing....from here we find our creativity and are able to express our deepest self.



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## Chakra Flow Series 6

### Ajna Chakra | 20 min



The sixth chakra, Ajna chakra, is the gateway to enlightenment -- to wisdom and insight into our inner world. It is the home of intuition, dreams and visions. The sixth chakra is often called the third eye -- the seat of consciousness that lies directly behind and between the two eyes. It is here where we dive into the subtler realms of energy and spirit. This is where we perceive truth and reality -- letting go of illusion and denial. Many of us carry negative images, false ideas, beliefs and concepts about ourselves and the world around us. These false images affect our ability to manifest that which we desire because we are creating from a place of illusion instead of clarity and pure intention.



# Chakra Flow Series 7

## Sahasrara Chakra | 20 min

The Sahasrara, or crown chakra, represents the underlying consciousness that is the basic operating principle for all of the chakras. The element of this chakra is consciousness. True consciousness is the ability to see, live and speak in a way that is in alignment with our soul. As spiritual beings living a human experience, we seek to free the consciousness from its distractions and experience the limitless nature of our being. This is the seat of enlightenment and the source of our awakening.



To see the manifestation of your own personal consciousness, simply look at the movie of your current life. It is made up of your ideas, your thoughts, your words and heart felt connection to what you believe and know to be true. When you are ready to change that movie, it is because blocks have been removed and the distractions that held you once are no longer. You heal old wounds and move past old thought patterns and behaviors. The energy field around you becomes clear, spacious and glorious.

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