

**YOGA DOWNLOAD**

TAKE YOGA ANYWHERE

# **Yoga for the Chakras** **w/ Elise Fabricant**



## Yoga for the 1st Chakra

### Root Chakra | 25 min

Ground, Calm, and Center.

Feeling distracted, flighty, with your head in the air? Get grounded with this stable, steady, full body practice. We start the this practice with seated meditation and mudra. We then move on to strong standing poses a taste of balancing poses, stimulating the first chakra. This practice will finish on the ground again with a twist, hip openers, and a luscious savasana.



---

## Yoga for the 2nd Chakra

### Sacral Chakra | 25 min

Get your creative juices flowing!



Feeling stuck or stagnant? Get your juicy self flowing and creating with this quick sequence to stimulate the 2nd chakra. We will start on the ground, feeling our breath circulate though the pelvis, play with happy baby, cat/cow and a fluid pigeon pose. Just for fun we open up to a couple standing poses before making our way back to the earth for some spine and hip openers. Relax finally with savasana and seated meditation with mudra.



## Chakra Flow Series 3

### Solar Plexus / Naval Chakra | 35 min

Feeling stuck? Lacking confidence or direction? Do you have something toxic to release? This Yoga for the 3rd chakra class is the longest and most energetic of Elise's chakra series. During the session, you will get familiar with your core, the place of your power. The session includes many twists (not suitable for pregnant women), as well as core strengtheners. It works up to crow and side crow, with some options for non-arm balancers. Finally, it winds down with a conscious savasana and a guided meditation focusing on your will-power and confidence.



---

## Yoga for the 4th Chakra

### Heart Chakra | 25 min



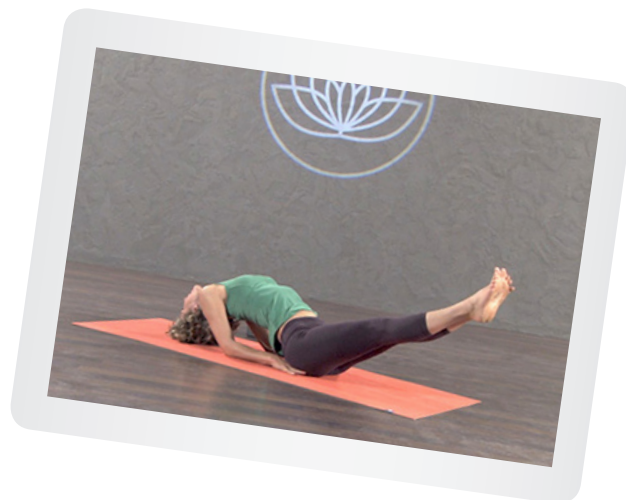
Feeling kind of closed? Lacking connection? Lonely or resentful? It's time to open your heart chakra! This sweet practice starts with gentle chest opening and moves into mild backbends and quad openers. With the front body warmed up, we apex with full wheel or bridge, then settle into a spacious savasana and compassionate guided meditation.



## Yoga for the 5th Chakra

### Throat Chakra | 20 min

We all go through periods of feeling disconnected with our truth, feeling shy, self-conscious or cynical. If this has been your experience lately, practice this class to wake up your 5th chakra around the area of the throat and neck. Incorporating hand mudras and mantras, this class will also stretch out your neck, bring fluidity into your spine and stimulate your thyroid gland. As we move up the chakras, the physical intensity of the practice slows down so that we can melt into a more meditative mind.



---

## Yoga for the 6th Chakra

### Third Eye Chakra | 40 min



Have you been confused lately? Not sure where to turn for guidance? Feeling disconnected from your own compass? Honor your internal teacher by working with your 6th chakra. This meditative class will start with some kundalini kriyas but then move into more stimulating asana like lunges and hip openers. Explore your internal gaze with a couple balancing poses before settling into the ground for plow and shoulders stand. This well-rounded practice ends with mantra, mudra and meditation.



# Chakra Flow Series 7

## Crown Chakra | 25 min

Have you been going through the motions of life all the while disconnected to your higher self? If so, you're not alone. So few of us are attuned to our connection to the divine. In this class we start to access the 7th chakra, the energy wheel that resides above the crown of our head. We forgo some of the more physical yoga practices for uplifting meditation, breath work, mudra and mantra. This is the final class in Elise's chakra tuning series.



---

## Stay Connected w/ Us!

Join the YogaDownload community online:

 Like [YogaDownload](#) on Facebook

 Follow [YogaDownload](#) on Twitter

 Join our [YouTube](#) Channel

And please remember if you have any questions or need help with anything at all, send us an email to: [help@yogadownload.com](mailto:help@yogadownload.com).



YOGA DOWNLOAD  
TAKE YOGA ANYWHERE

