



Chakra Four: Anahata

2016

The main function of this wheel is to integrate and align the various layers that make up our whole being. It is located in the heart center and reflects our need for community. It is often the focus of healing, by developing compassion, connection, and understanding for yourself and/or those around you.

Centering: Laying - small blanket roll under chest, larger under head

Breath Practice: 1 hand on belly, 1 hand on heart

- Filling the heart: (I) up - belly to heart (E) down - heart to belly
 - Balancing: (I) down - heart to belly (E) up - belly to heart
- repeat the following to each side

- **Side roll:** lay sideways on blanket roll, supporting lower ribs
- **Knee to chest flow** (*Apanasana*): move knee in, side, across, up
- **Alligator:** sideways over blanket roll supporting lower ribs
 - (I) open upper arm (E) close... repeat 6x's then hold open
 - Shoulder stretch: lengthen upper arm, add lifting knees
- **Laying Crescent**
- **Bridge:** block between knees, (I) hips/arms up (E) down 6x's
- **Fish** (*Matsyasana*): hands under buttock
 - **Hinge:** to sitting
- **Sitting** (*Sukhasana*):
 - **love yourself:** Wash face, scalp stim., ears, and body tapping
 - **Back bra: 6 Directions**
- **Locust** (*Salabhasana*): opposite arm and leg lift
- **Sphinx:** quad stretch... lengthen and bend
- **Child's** (*Balasana*)
- **Table 6 Directions:** Cat/Cow
 - Side bends: 10:00 and 2:00
 - Twist: leg back
- **Down Puppy:** knees/forearms: R arm stretch, L arm, then both
- **Downward Facing Dog** (*Adho mukha svanasana*)
- **Camel** (*Ustrasana*): with blocks (at wall-bring blanket for knees)
- **Mountain** (*Tadasana*)
 - Qigong: Heart flow
 - Qigong: Heart and lung flows
 - Qi Gong Meridian sweep
- **Chakra 4 Sun Salute with mudras**
 - shoulder rotations, back bend, shoulder opener in forward fold and in lunge, downward, plank, grasshopper pushups, cobra, child's, camel, child's, side plank, downward, forward fold, back bend, mountain... repeat other side.
- **Partner work:**
 - Around the clock
 - Tree
 - Yoga desert

• **Savasana:** Heart Meditation and Metta Meditation on loving kindness

Off the mat: For one week, choose to explore either the practice of giving or receiving. Pick the one that is less comfortable for you in this moment. In the inquiry of receiving, notice how often you eschew compliments or refuse

help or support from others. Do you frequently decline gifts that are given from the heart? For inquiry of giving, take note of instances in which giving makes you feel you have something to lose, moments when you close your heart to helping a friend because of lack of time, or fears that giving will result in dependency or expectation. At the end of the week, write about any learning that has surfaced.

Meditation:

- 'Cross my heart pose': R hand in L armpit, L hand in R armpit,
- Focus on breath, air element, spaciousness, love, balance, ease, twelve petals, a green bud opening in spring, intersecting triangles and Metta meditation.

Mantra:

- "I have the right to love and be loved,"
- "I release and let go of grief,"
- "I forgive myself and others,"
- "I am loveable", "I am compassionate."

Color: green

Element: air

Seed sound: Yam (*pronounced as Yum, with the Yu held longer than the m*)

Vowel sound: aaaaaa (*as in play*)

Basic Issues: Compassion, your right and responsibility to love and be loved, resolving and letting go of grief and forgiving oneself and others for loss, betrayal, and suffering.

Emotional or mental Issues: self-acceptance, letting go of grief, anger, grudges.

Physical Issues: Heart, Lungs, thoracic spine, arms, the circulatory and respiratory systems.

Other practices: volunteering in the community

Pranayama

- *Polarity breathing:* moving prana in different directions with breath
- *Anuloma Krama:* inhale for 1,2, hold... exhale, repeat
- *Viloma Krama:* exhale for 1,2, hold... inhale, repeat
- *Nadi Sodhana Alternate Nostril:* close one nostril and breath thru the other
 - (Exhale) out left nostril, (Inhale) left, (E) right, (I) right etc.

Foods:

- Leafy vegetables: spinach, kale, dandelions greens, etc
- Air vegetables: broccoli, cauliflower, cabbage, celery, squash etc.
- Liquids: green teas
- Spices: basil, sage, thyme, cilantro, parsley

Tea today: Green Tea –

- Jiangx1 Mountain Wild Harvest – www.immortalitea.com

"Knowledge of the pure mind is obtained by concentration and meditating on the heart." Yoga Sutra: 3.35

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