



Chakra Two: Svadhisthana

2016

The second chakra is associated with the fluid, sensual energies of creation and water. It can be a sensitive chakra for many people but can be one of the most potent with regard to inner work. Igniting this chakra supports us in freeing emotions through physical movement instead of harboring them inside, as motion and change stimulate a sense of possibility

Centering: Laying on the floor (feel supported by the earth), connect to the movement and flow of the breath.

Breath Practice: Pelvic wave; tucking and tilting the pelvis with the breath, rolling an imaginary grapefruit, tennis ball, golf ball in pelvic bowl.

- **Pelvic rocking:** rapid pulsing
- **Upward Child's:** hug knees, rock
- **Lymph stimulation:** tapping feet together
- **Knee to chest pose** (*Apanasana*)
- **Bridge pose** (*Setu Bandhasana*) - 1 arm, turn head, lift hips
- **Squeezes:** thighs & buttocks with exhale - block between knees
- **Laying Butterfly** (*Supta Baddha Konasana*): feet on block
- **Sit Ups:** legs in butterfly on block 5-10... relax... repeat
- **Downward puppy:** start in table stretch R arm, then L, then both
- **Cat/Cow**
- **Flowy Cat:** slow motion, optional moving through Cobra
- **Wide knee Child's**
- **1/2 Frog:** (H2O) on belly, 1 knee bent 90 degrees out to the side
- **Frog:** blanket for knees to slide on - wide Table on elbows - rock
- **Hip Drop:** from Table lower hips side to side
- **Wide Angle:** (sitting) Cat/Cow hands by sides
- **H2O, Brain Buttons:** 1 hand on belly, 1 hand rub under collarbones
- **Butterfly flow:** Cat/Cow, reverse table, forward bend butterfly
- **Tiger:** in Table R calve stretch, bend knee, lift foot... then L side
- **Sunbird** (*Chakravakasana*) Table - Child's - Table - Down dog
- **Qigong:** Xi, Xi, Hu Walking meditation
- **Chakra 2 Sun Salute:**
 - sensuous Forward Fold, Lunge - Reverse lunge, Deep lunge, Plank or Table, Grass Hopper, Cobra, Table, Downward dog, Forward fold, sensuous return Mt.
- **Pigeon** (*Eka Pada Raja Kapotasana*) from Table or Downdog
- **Hip Openers:** (laying)
 - Knee down center
 - Open knee
- **Laying Twist:**

Savasana: "a spring that forms a pond of clear water and spills out of this container to create a lively stream."

Off the mat:

Dedicate a weekend to fully pampering your sensual and emotional self. Explore your body, spend time in water, and wear clothing that feels good against your skin. Spend some time at the spa enjoying a massage, facial, or hot tub. Enjoy music, go to a museum, the opera, theater or movies.

Meditation: Water element, fluid flow, six petals, with half moon

Mantras:

"I have the right to feel... to self satisfaction..."

"I release and let go of guilt... I feel pleasure in healthy ways"

Color: orange

Element: water

Seed sound:

Vam (pronounces vum, with the vu held longer than the m)

Vowel sound: Ooo (as in you or two)

Basic Issues: feelings, desire, pleasure, sexuality, procreation

Emotional issues: Pleasure and well being

Physical issues: womb, genitals, kidney, bladder, circulatory system

Other practices:

Walking meditation

Foods:

- **Sweet fruits:** melons, mangos, strawberries, passion fruit, oranges, coconut etc.
- **Honey**
- **Nuts:** almond, walnuts
- **Spices:** cinnamon, vanilla, carob, sweet paprika, sesame seeds, caraway seeds
- **also Liquids**

Tea Today: Hibiscus with Cinnamon and Orange slices