


























Classplan Description: Chakra opening and balancing Yoga Sequence.

Hold each pose for 5- 10 breaths while meditating on the properties of each chakra

 Anjali Mudra (Salutation Seal)	 Sukhasana (Easy)	 Supta Matseyandrasana (Reclining Spinal twist)	 Supta Matseyandrasana (Reclining Spinal twist)	 Setu Bandha Sarvangasana (Bridge)	 Malasana (Garland)	 Marjari asana (Cat Stretch)	 Bitilasana (Cow)	 Salamba Bhujangasana (Sphinx)	 Baddha Konasana (Bound Angle)
 Upavistha Konasana (Open Angle)	 Samakonasana (Same Angle Full Splits)	 Catuspadapitham (Table Top)	 Utthita Marjaryasana (Cat Balance Extended Cat)	 Navasana (Boat)	 Dandasana (Staff)	 Makarasana (Crocodile)	 Dwi Hasta Bhujangasana (Two Handed Cobra)	 Dhanurasana (Bow)	 Purvottanasana (Upward Plank Pose)
 Matsyasana (Fish)	 Ananda Balasana (Happy Baby)	 Balasana (Child's)	 Sukhasana (Easy)	 Savasana (Corpse)					