

Chakra Four + Backbends

>To get in touch with our fourth chakra, ask yourself these questions: Do I know what I like?, What do I love?, Who do I love?, What makes me happy? Name three strengths and weaknesses about yourself.

The asanas we can practice to open our heart chakra are a combination of back-bends and shoulder openers. Opening the heart requires a transcendence of ego allowing us to surrender to forces larger than ourselves. It requires an understanding and control of the breath so ujjii breathing is of utmost importance in a 4th chakra yoga class. Some tips to remember when teaching a fourth chakra class is to remind your students to elongate before you bend, and remind them not to bend from the lower back or neck. Bend from the heart.

Here is a sample intermediate chakra four yoga class:

Childs pose with clasped hands behind the back

Cow-faced pose with shoulder opener

Table top

Thread the needle

Firebird

Cat/cow

Downward facing dog

Cobra slowly building to upward-facing dog

Uttanasana/rag dog/guerilla pose

Warrior one with clasped hands behind back-

Humble warrior

Standing camel- uttanasan- repeat three times

Crescent lunge (reach back find the back bend)

Prasaritta padottanasana

Goddess squat/crow

Salabasana - locust

Bow

Childs pose

Bridge pose

Happy baby

reclined twist

savasana

Summary

Location: Chest/lungs/heart

Color: Green

Element: Air

Issue: Love

Basic right: to love and to be loved

Primary fears: Fear of loneliness, commitment, following "your Heart", emotional weakness and betrayal- all leads to jealousy, bitterness, anger, hatred, inability to forgive

Primary strengths: Love, forgiveness, compassion, dedication, inspiration, hope and trust

Sacred strength: Love is Divine Power

Illnesses: heart attack, lung disease, breast/lung cancer, asthma/allergies, pneumonia