



Video Transcript

Chakra Awakening: Energy Boost with Rhythmic Movements

Hi everyone. Welcome to a movement practice to open up the chakras.

So if you're familiar with the chakras, chakras are wheels of transformation. They're planes of existence. And through certain parts of the body, we receive this unlimited infinite energy from the cosmos. And we take it in into our human bodies, into our human experience. And it's manifested as certain qualities or condition.

Plant the feet on the floor and let's start with some hip circles.

Choose a direction and start circling the hips around.

This circle can be as big or as small as you'd like. Feel free to exaggerate the movements if that feels good for you.

Through our hips, we connect to our sacral chakra. And our sacral chakra is the center of our creative energy. So here, think about churning up any staleness.

Anything that's old, anything that you don't need. We're going to mix it around, loosen it up, and transform it into new creative energy.

Let's reverse direction, circle the other way.

Now that the feet are feeling loose, now that the hips are feeling loose, let's move on to our center, our solar plexus chakra. This is located at our solar plexus, right in our very center, and this is the center of our confidence, our ability to hold ourselves up and be a presence with ourselves. So take your hand. center is the next chakra and the heart as you can probably guess connects us to our ability to love ourselves others and life as a whole so let's extend this movement by adding the arms in the arms are considered an extension of the heart center it's through our hands show loving energy.

Open and close.

Thinking about the hands as an extension of the heart, let's loosen up the hands a little bit more now.

directions as you nod yes and now

bring your head back to stillness and just take a few deep breaths to reset after those movements

take a breath in

and out return to center now

lastly up the line we have the crown chakra which is sometimes represented as a point right at the top of the head or slightly above the head and through the

crown chakra we connect to our full spiritual potential and to all of the cosmos

and all of life in its complete beautiful wholeness

Send your roots down into the ground.

Reconnect with your deep breathing and feel yourself lifted all the way up through the crown of the head.

Visualize yourself as part of a column of energy that connects the earth all the way up to the sun.

Notice all the sensations that flow.

favorite song and let's continue this woman is yours thank you so much for joining me and i hope you have a full day full of connectivity and full of life thank you