



Video Transcript

Chakra Awakening Yoga Flow

Hi everyone, welcome. My name is Amanda, and I'm here with Gaia Goddess. I'm so excited to be able to guide you through a chakra vinyasa flow. This class is intended to move you dynamically through your body and activate your energy centers. We're going to be starting in a seated position. You'll see that I have a little blanket here so that I have a little elevation as I'm seated. You could also start this by laying on your back if that's a little more comfortable or any seated position, like on your knees or on this blanket here so that you can lengthen the spine and sit up really nice and tall. We're going to be doing a breath of fire, a body breathing to really activate those energy centers, to draw your tension inward, to activate, and then we'll be ready to move through our poses, really hitting every one of those energy centers from the roots to the crown. So go ahead and get settled and join me on your mat for this chakra vinyasa flow. So let's go ahead and start. You can turn your palms down here, start to root down through your hips and lengthen the spine. You want to lengthen the spine so that your breath is not obstructed. I'm going to just talk about the breath of fire briefly and just breathe and follow along as best as you can.

If you're not comfortable with the breath of fire, if you're pregnant or you have any other contraindications for really dynamic, forceful breathing, then just breathe normally. So breath of fire is where we breathe in through the nose and out through the nose or the mouth forcefully. You'll breathe in through the nose and out. So we're going to do this at a moderate rate and just a few cycles of that just to sort of get some heat going in the body. So let's start by lengthening the breath. You can close your eyes down here or just a soft gaze out in front of you to turn your awareness inward. Start to sense the rootedness and groundedness through the base of the spine. This is where a lot of the

It lies dormant, and it's that kundalini energy that lies coiled up like a snake or a serpent at the base of the spine. So we have many, many lines of energy throughout the body, but most notably we have the chakra system that runs up and down. One of the main energy lines or centering channels of the body and that's called the Shoshunanadi okay so it's this center line and then on each side of that where you have two other opposing energy lines where they intersect is where each chakra is okay so you really want to lengthen your spine right here as we inhale we inhale through the nose, just a regular full breath in and exhale through the nose, keeping the spine tall and erect. Do that three more times. Inhale, we'll lengthen the breath and release the breath through the nose.

Inhale

and Exhale. So remember, do the best that you can.

We're going to do 10 exhalations for that Kapalabati breathing. So you'll take a full breath in and you just focus on the exhales once we get going. Inhale fully to the top.

Soften slightly and then focus on navel in.

That was 10. Inhale.

And we'll release through the nose. Exhale.

And then for our second round, inhale together.

Soften slightly.

inhale and

stay tall as you exhale to the nose you might begin to feel another or a type of rising energy maybe lightness in the head just stay grounded we're going to do a few more rounds you can return to normal breathing if you need to to. Inhale.

Soften slightly. Focus on the exhale.

Breathe in through the nose,

release through the nose.

And again, Inhale through the nose.

Soften slightly.

We're going to do one more set together. Firstly, inhale all of the way.

Stay seated tall, release fully through the nose.

And prepare for this last set together. Inhale.

Soften slightly.

Very good. Return to normal breathing. Inhale, you can close those eyes just go within.

And observe that energy swirling around in the body. If you're not sure what it is, just simply observe, say, grounded and regulate the breath.

And that energy or that sensation that you may be noticing swirling around, that's prana. So that is your life force. That's your energy really starting to percolate from the base of the spine so that breath of fire starts to get that energy that lies dormant to rise up. I sort of think of like at the fair when you hit the bell and you see the red line go up. That's what we're doing with the

breath of fire. So we're bringing that up. We want to do that slowly. So now that's what the body movement is going to help us do. We're going to get into our body, get grounded, and slowly harness that prana and let it rise up.

So when you're ready, you can remove your blanket or your props. Just take them out to the side and then meet me in a child's pose.

So you can have the knees slightly open, reach the hips back and then walk those arms out. Keeping the arms activated here, just bow your head down. So feeling anything that's making contact with the floor. So this is our first entry through the portal of Muladara chakra. That's your root chakra. So that's based at the lowest part of the body, but I also like to consider that it's anything making contact with the floor. So the more you can root down, and so think of your feet, think of your knees and shins, your hips, and your hands here, right? So as you breathe, drop into that Ujjayi breath, that regulated breath that's going to continue to carry the prana through the body.

Inhale and exhale and even let a few releases be through the mouth, very primal releasing any pent-up energy here. So inhale, exhale through the mouth or an H-A. Hmm.

And again, inhale.

Hmm.

Good. And then we're just going to rise up onto our hands and our knees. And then curl our on and walk the hands back and we're going to go into a malasana so this is a little bit different than a yogi squat where the feet are further apart our heels are together the toes are turned out a little bit and let those knees open so you can really get nice and deep and juicy in those hips the hands are walking out and the spine is rounding down so we're really just dropping into our self here our most deeply rooted primal cell and you're going to use that breath to channel that energy from your roots here so inhale and exhale good one more full breath here let those hips feel heavy so you're really sort of playing between the arms reaching out in the hips falling back. Your gaze is gently open and it's soft and the belly is drying in.

And then start to look forward and the knees can come down, lock the hands out, separate the feet, and will go into our cat cow here. So inhale, prepare, and then exhale round. So again, you're rounding the spine, drawing upwards. the more you press down and lift through that center here, the more you're going to be able to coil into yourself. And from that sense of self, we begin to move through the spine. We begin to explore. And then exhale around.

Inhale, soften the spine, looking forward.

And exhale, really drawing your attention inward, Just turning your gaze towards that navel and then inhale. Turning the gaze slightly forwards and upwards and upwards. And one more here, exhale.

Inhale here. Taking it into our downward facing dog. So curl the toes under, lift the hips up and back. Good. So take the time just to settle through the feet, opening up those legs and rooting down through those hands. You want to be strong

through your hands. So here we can really see how the body is signaling and symbolizing this strong rooted system. So we have four corners. That's going to be the strongest base that you can provide for yourself. So you have those four corners, that strong, strong connected base support system. And then drawing up through your navel so you could lengthen the spine. You always want to keep the length of the spine. When we're working with energy here, you want to keep the energy flowing through the spine. It's not just that we move from the roots up, we also want to let that energy be able to move from the top down so that we can always get grounded again. So draw the navel into the spine and start to come forward into your plate and then lower knees, chest and chin. So really focus on the feet here, opening through the base of the feet, your gaze going forward, and then push through into low Cobra. So we're really rooting down through our solar plexus and through our pelvis so that we can feel rooted and grounded and really, really deep, close to the earth energy here. And then a little back strengthening and then soften the chest down. You're going to do that a few times. Think of the belly drawing slightly up so you can create space around the sacrum, which is the second energy center. So this sacrum, you want to have nice and spacious. And as we're moving from this earth energy, start to see if you can allow for this fluidity of water. So we want to have that nice flowing energy that's moving up the spine now, moving through that sacral energy center. Two more. You'll see I'm lengthening through the tail, drawing the navel up, and then softening down. So as we move through these energy centers, it's not that we go through one portal and then just leave that behind one leads to the next and one affects the other so one above one below so we're still rooting but then we're starting to flow upwards through the sacrum and then the solar plexus so you're really drawing your your navel in here that solar plexus area feeling strong and centered and then drawing yourself down here curl the toes under and from that sense of strength and from the ground we rise up and take up back into your downward facing dog good and so for here just a little more explorative movement as we begin to discover that sense of self we want to explore more we want to become more independent and strong as we'll go ahead and play with that however you want to move. Let yourself move in that way. I love pivoting through my feet and letting my hip sway from side to side. So you can play with that too. You can even go a little bit deeper into that hip dip, lift, hip dip, and then lift. So bigger movement, swiveling through those hips, letting the hips come close to the ground and then up and over. So play with it. It doesn't have to be anything in particular. This is your own movement, your own practice. Good. And if just coming into stillness allows you to connect to yourself, then you can do that. And then we meet in downward facing dog. Take your feet much wider apart, a little bit closer to your hands and turn the toes out and now a little bit more of a yogi squat so you'll see my feet are much wider apart here go ahead and let your elbows gently rest on the knees just so you can start to build some heat and some strength here for our standing poses but still rooting down to the feet and

then slowly leading the hips come down but keeping that energy through the feet elbows can come to the inside. So now we have our energy centers staying close to the earth, but we're starting to stack everything upwards towards the sky. So I really like to just go inward with that image that my spine is a conduit from the earth to the heavens. And then we're going to go into a little bit of a twist here, just activating through the spine. So The left hand reaches down in front, left arm, elbow and hand down and in front, and you're going to reach the right arm up. Good, and then bringing the palms back together, center, and then other side. So you're getting this connection from the back of the arm, pressing open the hip gently, and then allowing that to help spiral your chest open and reaching up and high to the sky, coming through center. So do that a few times. Good.

So try not to collapse in your knees. It might look like I'm nice and deep in my hips, but I'm not collapsing here. I'm really pressing down to keep my hips lifted. So keep going from side to side. And try to incorporate the twist on the exhale so you can draw that navel in. Inhale through center. Exhale.

Inhale through center. and then exhale. One more time to the other side.

Good. And then hands at heart center. From here, planting the hands down, take it into your downward -facing dog. So a nice, deep, warming hip opener. We're gonna move through the spine. Come into your plank. And option, we can always use the knees, but I'll cue Tonaranga. Upward facing dog, keep that center of the navel joint in and up and then take it into your downward facing. Good.

So from here we're going to step the right foot wide. So it's like a long lunge but wide. The hands are grounded and the knee can open a little bit.

You're just going to soften the hips down. Good. Back knee will drop and untuck the toes right arm reaches up and back good arm up and down so it's still a gentle little twist up and back and up and down and one more I'm gonna reach up and back and if it's available to you can bend that back knee and reach for the foot good so making this full connection here just starting to explore looking back behind us are looking forward releasing the back foot gently bring both hands down good curl the back toes under stuff the other foot wide to the other side coming into yogi squat at the top of your mat good so rooting down through the heels you'll see I'm not collapsing we're gonna come up and go right back down good we're gonna come up and then go right back down and one more press through the feet come up and then right back down good and then staying here reach both hands down and lifting the hips up for this wide forward fall and bowing the head down So just play with those legs opening up. You can even hold into opposite elbows and allow for a little more flow and free movement here of the upper body.

One more time to each side. Coming through the center here, hands underneath the shoulders, half lift. Good, and then slightly bend the knees. We're going to do the other side, so you're going to reach the right leg back where your opposite leg and the hands underneath the shoulders here so the foot is wide hands are nice and grounded for you underneath the shoulders and then when you're ready the back knee will on will drop in the back toes untuck okay saying grounded on the right you

can the left arm reaches up it's a little bit of a twist and then reaching back behind you you can follow your fingers with your gaze and then up and forward reaching up and back and then up overhead and forward really take up space here one more time reach up and back either staying here or if it's available to you can come in fingertips or stay low bending the back knee and reaching for the outside of the foot towards the pinky toe side of the foot and sink into those hips for Three, two, and release gently. Both hands down, curl the back toes under to help lift the hips. Sit back into your plank. Take a breath and lower it through Chaturanga. Upward facing dog and downward facing dog. Good. From here, we're going to flow through a few standing poses. Inhale, the right leg lifts into the air and exhale warrior one step it a little bit closer to the right hand and back toes tuck so nice and deep in the hips nice and grounded inhale the arms come up exhale bring the hands over the heart so from that sense of self we start to lift upwards into the heart chakra so we want to be able to move far we want to be strong, peaceful warriors, moving from our heart center. Inhale, the arms up, exhale, hands over heart center. One more time, inhale the arms up, exhale, hands over heart center. Staying here with the legs, hinging at the hips, reaching forward, and then gently twisting. If the elbow makes it go for it. If you need it, it lets you help pivot on the back foot. Twist here. Good, strong back leg. The knee can always come down. Stay here for the breath.

Slowly unwind facing forward.

Stepping the hands down, foot back, and lower through your chaturanga. Upward facing dog and downward facing dog. other side your left leg is going to reach up into the sky and step it forward towards the left thumb slightly so you have space in the hips to drop the back heel Vera dress in a one for reaching the arms up try and square the hips strong center tailbone root to keep that space in the spine and the sacrum and hands over the heart. Stay low as you reach the arms up and overhead and drawing that wisdom down into your heart. Again, inhale, flowing the arms up, and exhale, hands down over your heart. Okay, so your strong back leg is going to propel you forward, elbows wide, and a gentle twist. You can just take the elbow there, or maybe it will get a little further.

Try to keep the back heel down, but if you need a little extra assistance to help rotate, the back heel may come up. The knee can even give you support by going down. Inhale, square your chest forward. Reach the hands down.

Step up back into your plank. Inhale, and exhale. So strong, long body here. Offward facing dog and downward facing dog.

From here, we're going to step the left foot forward and then pivot your toes to the long edge of your mat. Inhale, half lift and exhale, hinge at the hips and allow your head to drop down. Slowly tuck your chin so the back of the neck is long. So a lot of times we think think of our energy centers just facing forward, but we also have the energy centers facing to the back of the body. So let the back of the neck be long and stay grounded.

So what we're trying to do here is not get more flexible in the legs, but the spine to reach down to the floor. Good, and then I like to walk my hands either forward or back behind me through my legs to bring the crown of my head towards the floor, strong legs for three, two, and one. Walking the hands underneath you. We're gonna go into Skandasana, so your right toes turn out and your hips drop down. Those front toes turn up and bring your hands over heart center, just feeling nice and grounded and yet very tall through the spine. Using the hands for support, help the hips to lift and then flow to the front. Scandasana, turning your left toes out. Can use fingers for support or allow your hips to sink. Hands at heart. And then use the hands for support. Come back through center. Nice long spine. And then exhale, maybe that crown of the head will make it to the floor so that top of the head might come all the way down. Your gaze is actually towards your nose, back of the neck, long, strong leg. Inhale, half lift. And then you're going to pivot on your feet to face the front short edge of your mat. Step up back into your plank. Inhale. And exhale, Chaturanga. Upward -facing dog, inhale. And exhale, downward -facing dog beautiful to come down onto your knees and then you're going to rise up to lift through the front of the body just going to go through a little camel flow just to open up everything through the front from the heart from the front of the throat so you want to lift through the front of the pelvis I really think of moving the pelvis forward and the tail slightly down. Strong, strong core. And then reaching that arm up just like we practice and then back onto the hip. Take the other arm forward up and back and onto the back of the hip. Fingers are turned up so you can help keep that tailbone reaching long. Inhale, lift, but don't go too far back right now really stay here stay strong and in your truth inhale and exhale let the heart rise up even more and know that your heart speaks the truth to you and inhale lift up and then allow yourself to surrender into Open this, open the throat. Good, and inhale, sitting up nice and tall. Exhale, reaching the hips back, sweeping the arms forward. Inhale, up onto your hands and knees, and take it into your downward -facing dog. We'll go through one more flow together, so inhale, come forward into your high plank. Exhale through chaturanga. Upward facing dog and downward facing dog. Beautiful. So from here, we're going to gently come into a seated position. So practicing coming to the top by tucking almost like you're in a half cross -legged position. Other side gently tucking you come into a seated position just like that. So I'm going to prepare you for our final pose here, which is Lotus Pose, Padmasana. So it takes time, again, if you need something to sit on, you can go ahead and do that. I'm going to turn to face you just so you can see the options here. OK, so from here, go ahead and take your legs out in front of you. So if you're still working on some flexibility, that height underneath your hips might be a good idea. But if I give you the cue, it doesn't mean that you go all the way you're working with your own body and flexibility today. From here, you're going to bring your right knee towards you. You're going to step the foot

really nice and close, and then a little bit out to the side, okay? In -house, sitting up tall and then walking the hands out in front of you okay so we try not to let the knee just fall out there's actually a lot of strength involved in this the foot is down you'll see I have some space you actually want to think of like staying grounded through that foot it helps propel your body forward if the hands come towards the foot or the shin that's amazing so you can think of that eventually this is a bind So that right arm would reach out in front much like we did in our melasana's. The arm reaches around behind you and you go into a bind. And this is a forward fold here. A nice, deep forward fold. Draw the belly in and think of the crown of the head, reaching to the toes. So this is also a hip opener, so really focus on that. Releasing that bind. if you had that coming up nice and tall. And then we're going to go into a little half lotus prep here. So the foot crosses over. We're going to keep the bottom leg extended for this today, in -house, sitting up tall, and hinging at those hips. It's going to get that hip nice and open. Hands just reach out in front of you. Good. So just retracing our steps, feeling grounded, feeling deep in our body, in our root system, moving upwards, feeling centered, feeling powerful and strong, and then moving higher up into the heart, feeling compassion and love for ourselves and all others, and moving up through the throat, Speaking our truth and moving higher up into the third eye and crowned the head.

Seeing truth and seeing the divine within all beings.

And then inhale coming up. So option, you're going to grab from underneath and bring that foot a little higher up. This is half lotus. So you can just hold onto the foot here and then reaching it forward. Or you can reach behind you and go for that foot and then folding forward. Just bowing to that divine within, settling into that, surrendering into that. And then inhale, half slip. Stay here on the release exhale release that bind and take both legs out in front you just give them a little bit of a shake so other side same same other side so help the left knee come towards you step the foot a little bit out to the side so that there's space for your chest sitting up tall you can just reach your hands out in front of you and work on the strengthening quality of this not just the flexibility part if you want to go into that And you reach even further forward by stepping into the foot that's next to your sigh there. And you're going to reach the left arm in front. Maybe this is it. Or maybe you're going to go all the way into that bind. Once you have that bind, use your core to fold. So it's really all of the energy centers being embodied to help us go within and yet continue to surrender, divinely, softly, gently.

And then inhaling, half lift, stay here as you exhale. Gently release the bind and come on up. And then half lotus prep here. So you're going to take that foot just on top. Good. You're going to sit up nice and tall, walk those hands out in front of you you can be right here and intensifies that bottom leg stretch and it's a

gentle opener in the hip without getting into the knee if you want to go all the way grab that foot like you're cradling it from underneath this gets the rotation of the foot coming high above the heel so the heel goes into the abdomen you can hold onto the foot so it doesn't slide or you can go into that bind behind you for that full connection and then bowing down once again staying here with the breath inhale and exhale good feeling rooted feeling grounded feeling that flow beginning to spring from the roots and rising up through that strong sense of self, that creativity, that power, and then moving and rising up to the higher registers with compassion, with devotion and truth so that we can be and see the divine. Inhale, rise up. Stay for the exhale, releasing the bind and helping yourself to come into Pashimoto -Nasana. Inhale, reaching the heels up and then bowing forward. Making that full connection, so think of your feet, your root system, grounded, and then bringing in full completion the upper register the crown of the head so from our roots we rise and from that divinity we also stay grounded inhale half lift exhale and then use your hands to set up nice and tall good and i invite you to come into lotus or a simple cross -legged position you bring your right leg in for half lotus or then you bring the left foot on top for full lotus. I invite you to stay rooted and grounded. You can remain seated or lay down on your back and just observe that energy, that prana that we activated to move upwards through our energetic chakra centers. Bring your hands to heart center and take a moment to bow within. Thank you so much for joining me today and allowing me to guide you. Namaste.