

ELEMENT OF EITHER: THROAT CHAKRA YOGA SEQUENCE - TRUE BLUE, LIVING MY TRUTH FLOW MORNING PRACTICE!

Friday, March 22, 2019 2:12 PM



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The element of ether or space is linked to what we know as our throat chakra.

Represented by the color of BLUE. Envision this color surrounding you or wear blue, eat blue foods, bathe in the colors.

MANTRAS: I LIVE MY TRUTH, I'M LIVING MY LIFE'S PURPOSE, I COMMUNICATE WITH GRACE & EASE.

BANDHA: Jalandhara Bandha, Chin Lock *SEE BELOW

MUDRA: Seated Yoga Mudra *SEE BELOW

Pranayama - Ujjayi Breath and Lion's Breath
***SEE BELOW

***YOU CAN ACTIVATE JALANDHARA BANDHA, IN EASY POSE, HANDS ON KNEES AND TUCK CHIN INTO CHEST. ***SEE BELOW

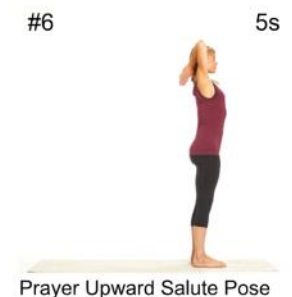


TRUE BLUE, LIVING MY TRUTH FLOW MORNING PRACTICE! *ALL-LEVELS

Practice - Ujjayi Breath
(Breath of the Ocean)
***SEE BELOW



SET AN INTENTION FOR YOUR YOGA PRACTICE. OFFER YOURSELF A MOMENT OF GRATITUDE!



USE BLOCKS AND STRAPS WHEREEVER YOU WANT THEM!

#7 5s



Upward Salute Pose

#8 5s



Prayer Upward Salute Pose

#9 5s



Soft Knees Forward Bend Pose

#10 5s



Half Forward Bend Pose

#11 5s



Standing Forward Bend Pose

#12 5s



Prayer Upward Salute Pose

#13 5s



Upward Salute Pose

#14 5s



Standing Back Bend Pose

#15 5s



Upward Salute Pose

#16 5s



Standing Side Bend Pose

#17 5s



Standing Side Bend Pose

#18 5s



Standing Side Bend Pose

#19 5s



Standing Side Bend Pose

#20 5s



Prayer Upward Salute Pose

#21 5s



Soft Knees Forward Bend Pose

#22 5s



Half Forward Bend Pose

#23

5s



Standing Forward Bend Pose

#24

5s



High Plank Pose

#25

5s



Eight Point Pose

#26

5s



Upward Facing Dog Pose

#27

5s



Childs Pose

#28

5s



Hero Pose

#29

5s



Easy Pose

#30

5s

Cross-Legged Pose Arms
over Head

#31

5s



Prayer Easy Pose

#32

5s



Lion Pose

#33

5s



Lion Pose Lotus Variation

#34

5s



Wide-legged Hero Pose

ENGAGE LION'S BREATH

#35

5s



Table Top Pose

#36

5s



Cat Pose

#37

5s



Cow Pose

#38

5s



Tiger Pose

#39

5s



Tiger Pose Variation

#40

5s



Table Top Pose

#41

5s



High Plank Pose

#42

5s



Side Plank Pose

#43

5s



Supported Side Plank Pose

#44

5s



Wild Thing Pose

#45

5s



High Plank Pose

#46

5s



Table Top Pose

#47

5s



Childs Pose

#48

5s



Table Top Pose

#49

5s



Hero Pose

#50

5s



Supported Camel Pose

#51

5s



Camel Pose

#52

5s



Hero Pose

#53

5s



Staff Pose

#54

5s



One Legged Boat Pose

#55

5s



One Legged Boat Pose

#56

5s



Supported Boat Pose

#57

5s



Boat Pose

#58

5s



Tall Seated Forward Bend Pose

#59

5s



Seated Half Lotus Forward Bend Pose

#60

5s



Seated Half Lotus Forward Bend Pose

#61

5s



Staff Pose

#62

5s



Half Lord of the Fish Pose

#63

5s



Half Lord of the Fish Pose

#64

5s



Staff Pose

#65

5s



Hero Hand to Toe Pose

#66

5s



Revolved Hero Hand to Toe Pose

#67

5s



Hero Hand to Toe Pose

#68

5s



Revolved Hero Hand to Toe Pose

#69

5s



Staff Pose

#70

5s



One-Legged Supine Hero Pose

#71

5s



One-Legged Supine Hero Pose

#72

5s



Corpse Pose

#73

5s



Half Fish Pose

#74

5s



Fish Pose

#75

5s



Supine Hand to Toe Pose

#76

5s



Revolved Supine Hand to Toe Pose

#77

5s



Supine Hand to Toe Pose

#78

5s



Supine Intense Forward Fold Pose

#79

5s



Supine Bound Angle Pose

#80

5s



Supine Wide Leg Pose

#81

5s



Knees to Chest Pose

#82

5s



Happy Baby Pose

#83

5s



Supine Bound Angle Pose

#84

5s



Corpse Pose



Step-by-Step Instructions

Begin by sitting in a [comfortable cross-legged position](#).

1. Place your hands on your knees with the palms facing upwards. Inhale so your lungs are about two-thirds full, and then retain your breath.
2. Drop your chin down and draw it back closer to your chest making a double chin. At the same time, lift your sternum towards your chin. Relax your shoulders away from your ears.
3. Hold as long as is comfortable and then lift your chin up and finish your inhalation before releasing the breath.

From <<https://www.verywellfit.com/jalandhara-bandha-3566797>>

How to Practice Ujjayi Breath in Yoga



Yoga breathing exercises, called “pranayama” in Sanskrit, are an important part of developing a yoga practice. According to the *Yoga Sutras*, the ancient yoga text compiled by the sage Patanjali, *pranayama* is one of the classical Eight Limbs of Yoga. In addition to deepening your yoga practice, learning ways to calm and invigorate the body through breathing will greatly benefit your life off the [mat](#).

Ujjayi Pranayama (ooh-JAH-yee prah-nah-YAH-mah) is one technique that helps calm the mind and warm the body. When practicing *Ujjayi*, you completely fill your lungs, while slightly contracting your throat, and breathe through your nose. This breathing technique is used throughout [Ashtanga](#) and [Vinyasa](#) yoga practices.

Its name comes from the Sanskrit word “ujjayi,” which means “to conquer” or “to be victorious.” Therefore, it is also often referred to as “Victorious Breath.” Because of the sound it makes when performed correctly, this breath is also sometimes called “Ocean Breath” or “Hissing Breath.” But, many yoga teachers simply refer to it as “*Ujjayi* Breath.”

Benefits of Ujjayi Breath

Maintaining a steady, rhythmic breath is the single most important part of your yoga practice. By controlling your breath, you calm your mind and bring awareness to the present moment. This awareness is the heart of yoga. In yoga, it is believed that by consciously practicing breath control exercises, you can bring positive changes to your physical, mental, emotional, and spiritual wellbeing.

Unlike other *pranayamas* that are practiced while seated or lying down, *Ujjayi* is performed throughout the practice in every pose. The steadiness, sound, and depth of the *Ujjayi* breath help to link your mind, body, and spirit to the present moment. This unification adds richness and depth to your practice.

Regularly practicing *Ujjayi* breath during your time on the mat can help you release pent-up emotions. The extra oxygen and deep exhalations invigorate and strengthen your physical practice.

Ujjayi is particularly beneficial for calming the mind. It is known to be beneficial for those suffering from stress, insomnia, and mental tension. With practice, you'll learn to guide your breath — so your breath can guide your practice.

There is no one perfect way to breathe in yoga. In fact, there are innumerable ways to approach the breath. We can stop and start it, hold or release it, and send it where we want it to go. We can also do nothing at all, and simply let ourselves breathe.

Sadie Nardini

Cautions

When practicing *Ujjayi Pranayama*, be careful not to tighten your throat. Do not attempt any breathing exercise for the first time without the guidance of a qualified and knowledgeable teacher, particularly if you have a respiratory condition, such as asthma or emphysema. Stop the exercise if you become faint or dizzy. Always work within your own range of limits and abilities. If you have any medical concerns, talk with your doctor before practicing yoga.

Instructions

Easy Pose
Sukhasana



1. Begin seated in a comfortable position, such as [Easy Pose \(Sukhasana\)](#). Relax your body and gently close your eyes. Let your mouth drop open slightly. Relax your jaw and your tongue.
2. Inhale and exhale deeply through your mouth. Feel the air of your inhalations passing through your windpipe.
3. On your exhalations, slightly contract the back of your throat, as you do when you whisper. Softly whisper the sound, “ahhh,” as you exhale. Imagine your breath fogging up a window.
4. As you become comfortable with your exhalations, maintain the slight constriction of the throat on your inhalations, as well.

You will notice your breath making an “ocean” sound, softly moving in and out, like ocean waves.

5. When you can comfortably control your throat during the inhalations and exhalations, gently close your mouth and begin breathing only through your nose. Keep the same constriction in your throat as you did when your mouth was open. You will continue to hear the “ocean” sound as you breathe through your nose. Direct the breath to travel over your vocal cords, across the back of your throat. Keep your mouth closed, but your lips soft.
6. Concentrate on the sound of your breath; allow it to soothe your mind. It should be audible to you, but not so loud that someone standing several feet away can hear it.
7. Let your inhalations fill your lungs to their fullest expansion. Completely release the air during your exhalations.
8. Start by practicing *Ujjayi* for five minutes while you are seated. For deeper meditation, increase your time to 15 minutes. Gradually begin to link your breath with your movement. As you begin to practice yoga postures (“asanas”), inhale with *Ujjayi* as you expand and extend, then exhale with *Ujjayi* as you contract and fold forward. If you are practicing [Ashtanga](#) or [Vinyasa](#) Yoga, maintain the connection of *Ujjayi* breath and *asanas* throughout your practice.
9. Release your *Ujjayi* breath when your practice is complete and you are in [Corpse Pose \(Savasana\)](#).

Tips

When practiced correctly, *Ujjayi* breath will both energize and relax the body, mind, and spirit. The breath should be steady, rhythmic, smooth, and full. The “ocean” sound should soothe your mind. Throughout your practice, keep the steadiness, length, and smoothness of your breath as much as you can.

Use your breath as a guidepost throughout your practice. First, notice the quality of your *Ujjayi* breath in a pose that is not overly strenuous ([Warrior II](#) or [Downward-Facing Dog](#), for example). As you move deeper into your practice and into more difficult poses, your breath might become shallow or strained.

Bring your focus back to your breath and become aware of the quality of your *Ujjayi* breath. If your breathing is strained—no longer smooth, long, and steady—you may be pushing yourself too hard. This may set you up for injury, and it also takes your awareness out of the present moment and into a “thinking” mindset that is not yoga. Remember: The “goal” in yoga is not to achieve certain poses, but to bring awareness to whatever pose you are currently in. Just relax and let your breath flow, as if it were effortless.

Let your breath be your teacher. If it tells you to back off or ease up, do so. Learning to listen to your breath will help you to become calm, focused, and aware in the present moment, even if it is a difficult one.

Breathe Deep & Free

Practicing *pranayama* can benefit the mind and body in many ways and on many levels, including physical, mental, emotional, and spiritual. Remember to take it slowly. Build on your experience as you develop your breath control. As you relax and breathe consciously, yet effortlessly, you will begin to free your mind.

From <<https://www.yogaoutlet.com/guides/how-to-practice-ujjayi-breath-in-yoga>>