

# AIR ELEMENT: HEART CHAKRA YOGA SEQUENCE - ENGAGE YOUR INNER CHILD!

Friday, March 22, 2019 1:40 PM

**AIR ELEMENT: HEART CHAKRA YOGA SEQUENCE - ENGAGE YOUR INNER CHILD!**

The element of air is linked to what we know as our heart chakra.

Also linked to the lungs, diaphragm, shoulder blades, ribs and respiratory system.

Represented by the color of GREEN (also, the color PINK).

Envision this color surrounding you or wear green and pink, eat green foods, bathe in the colors.

MANTRAS: I AM LOVE, I FORGIVE, I RECEIVE, I GIVE, I AM ME, I AM JOY.

Pranayama - Breath Work for Heart Chakra:  
 Nadi Shodhana:  
 Alternate Nostril Breathing and Kundalini Chakra Breathing \*\*\*SEE BELOW

**I AM ME! YOGA FLOW - PERFECT FOR BEGINNERS!**

Practice: Alternate Nostril Breathing, perfect for beginners! \*SEE BELOW

#1 5s #2 5s #3 5s



Chin Mudra Easy Pose Prayer Easy Pose Bound Hands Easy Pose

#4 5s #5 5s #6 5s #7 5s



Revolved Bound Easy Pose Revolved Bound Easy Pose Chest Open Easy Pose Easy Pose Forward Fold

#8

5s



Side Bend Easy Pose

#9

5s



Side Bend Easy Pose

#10

5s



Table Top Pose

#11

5s



Awkward Pose

#12

5s



Table Top Pose

#13

5s



Extended Puppy Pose

#14

5s



Eight Point Pose

#15

5s



Cobra Pose

#16

5s



Sphinx Plank Pose

#17

5s



Dolphin Pose

#18

5s



Childs Pose

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

Taking your hands out in front of you, toward the top of your yoga mat, on the exhale, walk your finger tips to the right, exhale center, inhale, on the exhale, walk your fingers to the left. Meet back in the center.

#19

5s



Table Top Pose

#20

5s



Extended Puppy Pose

#21

5s



Eight Point Pose

#22

5s



Cobra Pose

#23

5s



Downward Facing Dog Pose

#24

5s



Standing Forward Bend Pose

#25

5s



Hold onto Opposite Elbows Pose

#26

5s



Prayer Upward Salute Pose

#27

5s



Upward Salute Pose

#28

5s



Prayer Upward Salute Pose

#29

5s



Upward Salute Pose

#30

5s



Standing Back Bend Pose

#31

5s



Prayer Upward Salute Pose

#32

5s



Standing Forward Bend Pose

#33

5s



High Plank Pose

#34

5s



Eight Point Pose

#35

5s



Upward Facing Dog Pose

#36

5s



Downward Facing Dog Pose

#37

5s



Downward Facing Dog Split Pose

#38

5s



Low lunge Pose

#39

5s



High Lunge Pose

#40

5s



Bound Revolved Lunge Pose

#41

5s



Bound High Lunge Pose

#42

5s



Low lunge Pose

#43

5s



Downward Facing Dog Pose

#44

5s



Standing Forward Bend Pose

#45

5s



Hold onto Opposite Elbows Pose

#46

5s



Prayer Upward Salute Pose

#47

5s



Upward Salute Pose

#48

5s



Prayer Upward Salute Pose

#49

5s



Upward Salute Pose

#50

5s



Standing Back Bend Pose

#51

5s



Prayer Upward Salute Pose

#52

5s



Standing Forward Bend Pose

#53

5s



High Plank Pose

#54

5s



Eight Point Pose

#55

5s



Upward Facing Dog Pose

#56

5s



Downward Facing Dog Pose

#57

5s



Downward Facing Dog Split Pose

#58

5s



Low Lunge Pose

#59

5s



High Lunge Pose

#60

5s



Bound Revolved Lunge Pose

#61

5s



Bound High Lunge Pose

#62

5s



Low lunge Pose

#63

5s



Downward Facing Dog Pose

#64

5s



Standing Forward Bend Pose

#65

5s



Awkward Chair Pose

#66

5s



Awkward Chair Pose

#67

5s



Revolved Awkward Chair Pose

#68

5s



Revolved Awkward Chair Pose

#69

5s



High Plank Pose

#70

5s



Eight Point Pose

#71

5s



Upward Facing Dog Pose

#72

5s



Downward Facing Dog Pose

#73

5s



Standing Forward Bend Pose

#74

5s



Prayer Upward Salute Pose

#75

5s



Prayer Mountain Pose

I AM JOY!

#76

5s



Lifted Leg Pose

#77

5s



Lord of the Dance Pose

#78

5s



Warrior 3 Pose

#79

5s



Standing Split Pose

#80

5s



Standing Forward Bend Pose

#81

5s



High Plank Pose

#82

5s



Eight Point Pose

#83

5s



Upward Facing Dog Pose

#84 5s



Downward Facing Dog Pose

#85 5s



Standing Forward Bend Pose

#86 5s



Prayer Upward Salute Pose

#87 5s



Prayer Mountain Pose

#88 5s



Wide-Legged Forward Bend Pose

#89 5s



Revolved Wide-Legged Forward Bend

#90 5s



Revolved Wide-Legged Forward Bend

#91 5s



Wide-Legged Forward Bend Pose

#92 5s



Goddess Pose

#93 5s



Goddess Pose with Toe Variation

#94 5s



Garland Pose with Hands in Namaste

#95 5s



Extended Side Leg Squat

#96 5s



Extended Side Leg Squat

#97 5s



Garland Pose with Hands in Namaste

#98 5s



Bound Garland Pose

#99 5s



Bound Garland Pose

#100

5s



Standing Forward Bend Pose

#101

5s



High Plank Pose

#102

5s



Table Top Pose

#103

5s



Supported Camel Pose

#104

5s



Camel Pose

#105

5s



Hero Pose

#106

5s



Staff Pose

#107

5s



Reverse Table Top Pose

#108

5s



Reverse Plank Pose

#109

5s



Shoulder Bridge Pose

#110

5s



Full Wheel Pose

#111

5s



Knees to Chest Pose

#112

5s



Half Fish Pose

#113

5s



Fish Pose

#114

5s



Supine Intense Forward Fold Pose

#115

5s



Supine Twist Pose

#116 5s



Supine Revolved Eagle Pose

#117 5s



Spinal Twist Pose

#118 5s



Spinal Twist Pose

#119 5s



Knees to Chest Pose

#120 5s



Happy Baby Pose

#121 5s



Supine Half Bound Angle Pose

#122 5s



Corpse Pose

Created by Breezy Bree  
Love Breezy Bree Yoga  
[www.lovebreezybreeyoga.com](http://www.lovebreezybreeyoga.com)

### Nadi Shodhana Practice - Alternate Nostril Breathing

Next time you find yourself doing too many things at once, or you sense panic or anxiety begin to rise, move through a few rounds of alternate nostril breathing. It's a great way to hit the reset button for your mental state.

1. Take a comfortable and tall seat, making sure your spine is straight and your heart is open.
  2. Relax your left palm comfortably into your lap and bring your right hand just in front of your face.
  3. With your right hand, bring your pointer finger and middle finger to rest between your eyebrows, lightly using them as an anchor. The fingers we'll be actively using are the thumb and ring finger.
  4. Close your eyes and take a deep breath in and out through your nose.
  5. Close your right nostril with your right thumb. Inhale through the left nostril slowly and steadily.
  6. Close the left nostril with your ring finger so both nostrils are held closed; retain your breath at the top of the inhale for a brief pause.
  7. Open your right nostril and release the breath slowly through the right side; pause briefly at the bottom of the exhale.
  8. Inhale through the right side slowly.
  9. Hold both nostrils closed (with ring finger and thumb).
  10. Open your left nostril and release breath slowly through the left side. Pause briefly at the bottom.
  11. Repeat 5-10 cycles, allowing your mind to follow your inhales and exhales.
- Steps 5-9 represent one complete cycle of alternate nostril breathing. If you're moving through the sequence slowly, one cycle should take you about 30-40 seconds. Move through 5-10 cycles when you're feeling stressed, anxious, or in need of a reset button.

Tip: Consistency is helpful, so try to match the length of your inhales, pauses, and exhales. For example, you can start to inhale for a count of five, hold for five, exhale for five, hold for five. You can slowly increase your count as you refine your practice.