
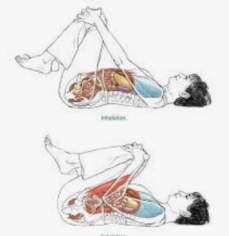











“Our Practice is to practice”  
 “Surrender and Stay Open to a Higher Form of Consciousness”  
 “Release tension and allow your creative energy to flow.”  
 Swami Chetanananda, The Movement Center

## Let's practice

### Throat Chakra – Gateway to our Heart's True Expression

Position/Orientation	Broad Purpose	More Specific Poses with Instruction	Visuals
Reclining	Checking in	<p style="text-align: center;"><b>Take Time to Lengthen and Align on your mat</b></p> <p style="text-align: center;"><b>Breathe</b></p> <p>Gently Focus on your breath and Release Deeply with each exhale</p> <p style="text-align: center;"><b>Your Heart Chakra</b></p> <p>Represents abundance, creativity and living your highest purpose</p> <p style="text-align: center;"><b>Your Throat Chakra</b></p> <p>Represents self-expression, effective communication and speaking your truth. It holds the element of sound and expresses itself as vibration coming from your heart, moving through your Throat and into the air and environment as your truth.</p> <p style="text-align: center;"><b>Focus Gently on the energy center (chakra) of your Throat</b></p> <p>Feel it move up through your nostrils and head and down through your throat and into your chest: Relax as the breath enters and leaves: Feel into and release your jaw, teeth and lips, tongue and soft palette: Relax throw your throat and the muscles of your neck that run up to your ears and skull and down to connect into your collarbone and shoulders</p>	
On your back	Warming up	<p style="text-align: center;"><b>Apanasana</b></p> <p style="text-align: center;">Alternating with leg lifts</p> <p style="text-align: center;"><b>Easy Twists</b></p> <p>Dynamically side to side and then staying and releasing</p> <p>Noticing the neck and shoulders as you twist and stay</p> <p style="text-align: center;"><b>Leg Lifts and Hip Opening &amp; Closing with the Breath</b></p> <p>Optional to use a strap to hold and support the legs</p> <p style="text-align: center;"><b>Bridge</b></p> <p style="text-align: center;">Arms stay by your side, palms turned down</p>	

		<p>Move dynamically and then stay, feeling the opening on the back of the cervical spine as the chin moves towards the chest on the inhale</p> <p><b>Reclining Bound Angle</b> or variation e.g. Happy Baby</p> <p><b>With fingers laced at back base skull, and knees bent</b> gently lift and lower head and then sweep head from side to side</p> <p><b>With hands laced behind bent knees</b> Rock along the length of your spine</p>	  <p>Bridge Pose</p> 
<p>Kneeling on Hands and Knees</p>	<p>Warming up and Waking up</p>	<p><b>Table Pose</b> Chakravakasana Cat-Cow with focus on throat, cervical vertebra</p> <p><b>Downward Dog (DD)</b> Adho Mukha Svanasana Optional - with blocks and blanket under heels Dynamically from Down Dog position to Table position</p> <p><b>Vinyasa (flowing movement)</b> Chakravakasana to DDog back to Chakra. Sitting back onto heels and lifting hips into Camel</p> <p><b>Child's Pose</b> To rest</p>	 <p>Cat-Cow</p>   <p>Child's Pose</p>  <p>Downward Dog</p> 

<p>Transition to Standing and/or Sitting in a Chair</p>	<p>Head and Neck, shoulders and upper back</p>	<p><b>Uttanasana/Forward Bend</b> Walk hands and feet together and release in the FB Round up to standing</p> <p><b>Tadasana/Mountain Pose</b></p> <p><b>Various Neck/Throat Releases</b> Chin to chest and inhaling tracing chin out and up to alternating shoulder ; Shoulder Rolls; Neck releases; Facial muscle stretches and exhaling the tongue out with sound; Raise arms on inhale and then drop them on exhale with sound; free from other movements</p> <p><b>Uttanasana/Forward Bend</b> Walk hands and feet together and release in the FB Transition to the Floor</p>	
<p>Floor</p>	<p>Hips and Pelvic Release Heart and Throat Release Preparation for Resting Absorption of efforts and deepening release</p>	<p><b>Dandasana</b> Stick Pose using hands/arms for support; grounding; heart lifted</p> <p><b>Seated Wide-Legged Forward Bend</b> Hip and pelvic release; breathing and feeling for space</p> <p><b>Janushirasana</b> First orienting out of the straightened leg; Then turning the chest forward gently and turning the head/chin toward the floor and releasing the open side of the neck/throat and shoulder. NOTE: Modify the photo to the right of the side stretch by turn gaze to the floor and taking the upper arm down and around to place hand on low back palm turn up</p> <p><b>Seated Twist</b> One knee bent and other leg outstretched; twisting first with gaze to back in the direction of the twist and then turning head/gaze away from the twist</p> <p><b>Fish/Supported Reclining Bound Angle Pose</b> Using a padded block under lower ribs or reclining alone a bolster; arms palms up out to the side; hips on the floor and lower back supported by the prop; heart and throat opening</p> <p><b>Plow or Shoulder stand</b> If accessible, add these, or rest with props and feet up the wall or in a chair</p> <p><b>Savasana/Sivasana</b> Corpse Pose Resting with any props to aide in your comfort</p> <p><b>Sukhasana</b> Simple seated pose with props for comfort and posture; Breathing, Intention and Sensation integrated</p>	