

KUNDALINI YOGA EXERCISES AFFECTING THE CHAKRAS

1st Chakra (Rectum)	Crow Pose 	Body Drops 	Easy Pose, meditating at base of spine with breath of fire
2nd Chakra (Sex Organs)	Frog Pose 	Cat-Cow Pose 	Bow Pose
3rd Chakra (Navel)	Stretch Pose 	Cobra Pose 	Camel Pose
4th Chakra (Heart)	Platform Pose 	Arms at 60° with breath of fire 	Arms at 90°, running in place
5th Chakra (Throat)	Neck Rolls 	Shoulder shrugs 	Head tilted back with breath of fire or long deep breath
6th Chakra (Third Eye)	Concentrating at 3rd eye 	Head to knee stretch, focusing at 3rd eye and pressing in center of big toes 	Yoga Mudra
7th Chakra (Crown)	Sat Kriya 	Venus Lock over top of the head 	Plough Pose