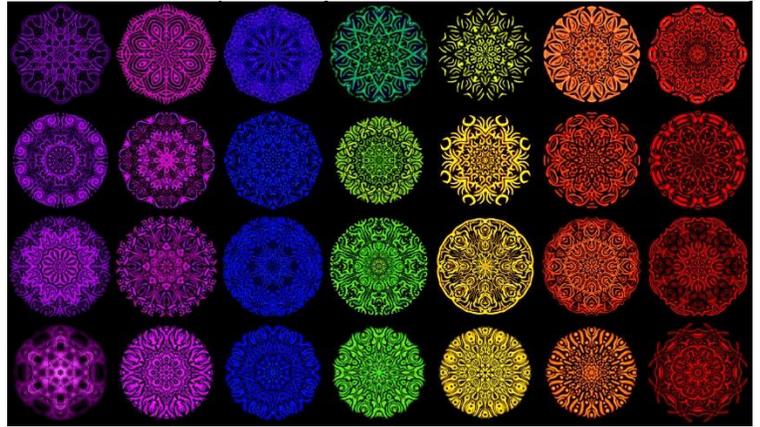
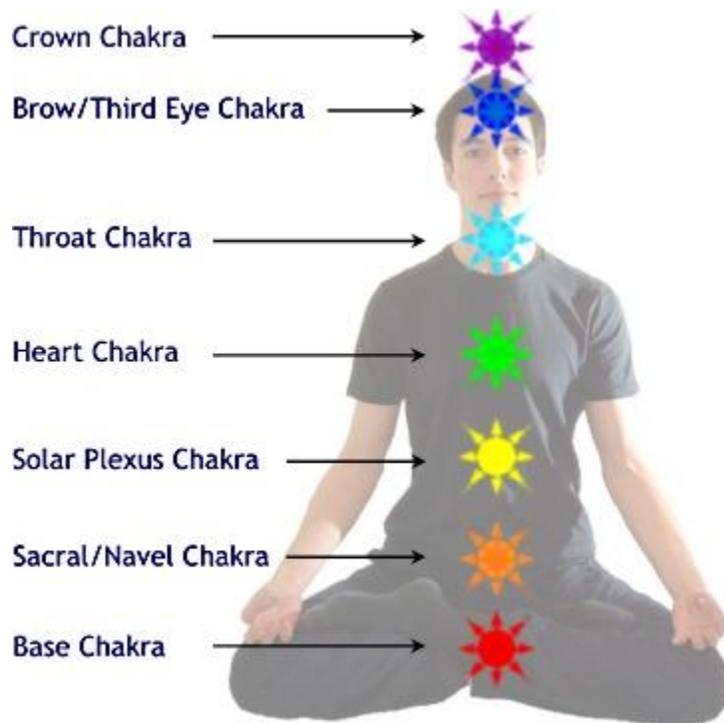


Intro to Chakras for Tweens & Teens

Gaining an understanding of the energetic body provides a deeper understanding of our connections, subtle energy and how we interact with the world.



What are Chakras?



The word chakra literally means 'wheel' in Sanskrit. In yogic terms chakras refer to energy centers, often depicted as wheels or flowers, which receive and transmit energy enabling the body to function. There are seven principle chakras in your body, corresponding to locations on the body running from the base of your spine to the crown of your head. Chakras are associated with our physical, mental and emotional health. Each has an associated colour and gland.

When your chakras are balanced, you function at your best. When there is imbalance you feel sick, sluggish, and simply 'out of whack.'

Preparation

Following the instructional video below create an Origami Rainbow to use as a visual when introducing the chakras.

Origami Rainbow

Watch [this video](#) to learn how to make an origami rainbow to use as a visual/object lesson for how the chakras align with the spine. If time allows have enough supplies for each student to make their own origami rainbow.

Yoga for Each Chakra

Using the chart below create a class tailor made for your students and the allotted time in order for them to experience first hand practices which balance each chakra.

Chakra	Color	Meditation	Asana & Pranayama
Root	Red	I am	Mountain (focus on feet), chair, warrior 1 & 2, triangle, seated circles, seated forward fold,
Pelvic	Orange	I feel	Cat/cow, pigeon, cow-faced, bound angle, low lunge/dragon, squats, goddess
Navel	Yellow	I do	Breath of Fire, Sun Salutations, twists, boat, plank & plank variations, side plank, leg lifts, crow
Heart	Green	I love	Breath of Joy, standing side bend, warrior 1, cobra, cow faced, camel, bow, wheel, supine bound angle
Throat	Blue	I speak	Bhramari Breathing, sound (mantra) ie: Sa Ta Na Ma, fish, camel, bridge, shoulder stand, plow, reverse warrior, reverse plank, neck stretches
Third eye	Indigo	I see	Alternate Nostril Breathing, eye yoga, pyramid pose, supported forward fold, child's pose, cross crawl, head to knee, extended puppy pose
Crown	Violet	I understand	Meditation, fish, rabbit, extended child's pose, legs up the wall, standing wide angle forward fold

Chakra Meditation



Listen on [Sound Cloud to this Chakra Meditation](#)

This meditation focuses on healing and energizing the seven main chakras. Enjoy filling your body and life with confidence, creativity, energy and insight.

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