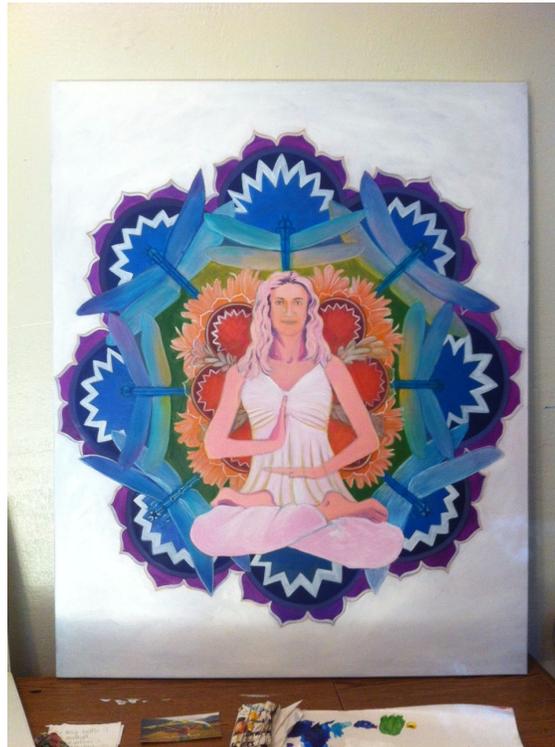




## **Goddess Warrior Priestess Vinyasa Class + Chakra Affirmations**



Today and every day, I feel the healing power of  
the Goddess flowing through me.

Today and every day, I feel the divine wisdom of  
the Goddess filling my body, mind, and spirit.

Today and every day, I feel the divine wisdom of  
the Great Mother Goddess filling my body,  
mind, and spirit. She is helping me to  
make the best choices possible.



## 1st Chakra~ Kali Ma

Muladhara

**PRANAYAMA:** Kali's Sword Breath

**Benefits:** Revitalizes the spirit, enhances mental clarity, recharges the subtle body, releases stuck energy.

To begin, take a wide Goddess Pose stance and visualize you have Kali's swift sword of freedom and detachment. This dynamic pranayama has three strong inhalations followed by a full exhalation through the mouth—Kali-style, tongue out.

**MUDRA:** Kali Mudra; named after the Goddess Durga; Bring your hands together with your fingers interlaced. Extend your index fingers.

**ASANA:** High Malasana, Goddess Pose

Kali's esoteric attributes are passion and physical and transformative energy. Be alert to those who undermine your self-confidence - Kali is here to hurl your life onto a new path that will ultimately prove to be more fulfilling than your current path.

**INTENTION:** Energizing the base chakra: feel grounded and connected with humanity. Don't be afraid to shed - Kali offers you the strength to rid your life of excess baggage, to confront the forces that threaten you, to destroy the elements of destruction in your life. Once this is done, you can celebrate new life!

**AFFIRMATION:** My new life path reveals itself to me.

**Mantra:** Awakening

## 2nd Chakra~ Freya the Patroness of Love, Sex, Magick and Fertility

Svadhishthana

**MUDRA:** Yoni mudra at sacral chakra, fingers pointing toward pubis, thumbs across lower belly, hara, making a downward facing triangle, the symbol of abundance.

**ASANA:** Flowing Wide Legged Bridge with pelvic rocking

She will be your metaphorical boxing gloves to end your current way of life to begin anew, this time on a path that is honoring your passion!



**INTENTION:** Passion in love, Passion in war, Passion for the things in life that bring us pure joy. She lets us be moved to tears with gratitude for what we see around us, her gifts are tenderness, grace, compassion, delight and laughter.

**AFFIRMATION:** I embrace life in its absolute fullness. At this moment, I have all that I need.

Mantra: Passion

## **3rd Chakra~ Boadicea, The great Celtic queen**

Manupura

**PRANAYAMA:** Ujayii Breath, the breath of Victory

**ASANA:** Warrior Flow, Y4L Signature Goddess flow moving with Prana

Her name means "victory". She stands Amazon-like, her feet grounded and body erect, garbed as Warrior Queen, leading her followers confidently.

Like the tigress mother who protects her young, she harnesses her anger to seek justice for those dear to her.

**INTENTION:** Imagine right this moment that you are free from the blockage or maddening frustration. The limitations you've imposed on yourself have dropped away. The disappointments of your past no longer hold you down. The opinions of others cannot stand in your way any more.

Imagine that you are free to focus on creating a better life for yourself and for the world in which you live. Though there are difficult challenges, rather than wasting your energy worrying about or fighting them, you use that energy to work your way through them.

**AFFIRMATION:** I use my energy for the highest good. I release the opinions of others. My awesome power is released in a healthy manner.

Mantra: Focus

## **4th Chakra~ Earth Gaia Mother Goddess**

Anahata

**MUDRA:** Lotus Mudra at heart center

**ASANA:** Wheel, Eka Pada Dhanurasana, Wheel Prep, Bridge with Lotus Mudra at heart center



Gaia's message for ALL OF US at this time is, "allow time for introspection, contemplation and developing wisdom". And her message for us as goddess sisters, is that she connects us to the universal source of 'mothering' and 'nurturing', leading us to a feeling of profound peace and balance.

Every element in the universe, whether on land, in the sea or sky, can be seen as a single living entity of Gaia, the primordial Great Mother. More than any other goddess, Gaia is identified as the divine and animate Earth Mother.

**INTENTION:** to activate the heart chakra, the chakra that rules the life aspect of love. Gaia's message for ALL OF US at this time is, "allow time for introspection, contemplation and developing wisdom".

Her message for us as goddess sisters, is that she connects us to the universal source of 'mothering' and 'nurturing', leading us to a feeling of profound peace and balance.

**AFFIRMATION:** Love flows into my life like a river. I am calm and centred, now and always.

Mantra: Peace

## 5th Chakra~ Diana/Artemis

Vishudhha

**MUDRA:** Throat Chakra mudra, interlace fingers inside palms and bring thumbs together into a circle.

**ASANA:** Camel Pose with head dropped back, opening the throat chakra, with prostrations.

Powerful and protective, goddess Diana embodies the moon's fertility and the sun's protective, nurturing power over the earth's wilderness and creatures. Diana's power brings abundance to the world. She is the huntress who provides us with spiritual "food".

Diana is a Roman goddess - nature, fertility, children, providence and harvest are other attributes relating to her. Her short skirt is a symbol of freedom - she remains free to leap through the forests and touch the sky with her outstretched fingers.

**INTENTION:** She resounds with the wild places in our inner psyches, the parts within us that hunger for more than our daily routine.

**AFFIRMATION:** Fresh air fuels the rose in my cheeks and the fire in my heart. Today I choose to do what I can, and I can do anything.

I express myself verbally and creatively. I stands for self-determination and independence. I communicate my thoughts to others openly.



Mantra: Adventure.

## 6th Chakra~ Isis

Ajna

**PRANAYAMA:** Pranayama that is beneficial for the ajna chakra include bhastrika, nadi sodhana and simhasana (lion's breath).

**MUDRA:** Place index fingers and thumbs together, extended, fold other 3 fingers on both hands into palm pressing first and second knuckles together and form a heart.

**ASANA:** *Garudasana, eagle pose*

Bandhas that aid the 6th chakra include jalandhara bandha.

Isis' esoteric attributes include intuition and perception. She is related to the third eye chakra, the centre of illumination and insight. She is the embodiment of the feminine as a vessel for divine expression.

Isis is the Egyptian High Priestess, ruling with love and calm patience. She provides equilibrium and guidance through our journey.

To open the door to Isis opens the door to love, love fosters the development of inner wisdom, as a budding flower blossoms into a glorious flower that takes people's breath away.

**INTENTION:** Isis' esoteric attributes include intuition and perception. She is related to the third eye chakra, the centre of illumination and insight. She is the embodiment of the feminine as a vessel for divine expression.

**AFFIRMATION:** I trust my wisdom and insight. I am sacred, savvy, sassy and wise. I intuitively understand all of my bodies - physical, emotional, mental and spiritual. I am connected with my highest truth. I am guided and protected by the Universe. Angels surround me, and I am aware of them at all times

Mantra: Insight

**MEDITATION:** Trataka or steady gazing is a form of meditation. In this form you concentrate on one object and gaze at it, focusing only on the object. This pose is also very good for strengthening the eyes and developing concentration along with stimulating the third eye. The next step in this form is to stare at candle flame till the eyes can sustain it. You may practice until you can hold the gaze until tears flow.



## 7th Chakra~ Ceres /Demeter

Sahasrara

**MUDRA:** Place ring fingers together extended, interlace other fingers and wrap thumbs.  
**ASANA:** Supported Shoulderstand to Plow; Lotus Pose

She is an Earth Mother, whom represents the cycles we experience as women, and allows us to accept the ebbs and flows graciously. With calm strength we can find our centre and gently "go with the flow".

She rules the cycles that are immediately obvious to women, those of the moon (our biological) cycles and when your body is internalizing to nurture your inner self, to help cope with the pull of the moon and planets.

**INTENTION:** Allow Ceres to connect with, guide and nurture your inner goddess, feel yourself become more centred, calm and empowered. Your hara is full, pregnant with vitality, and your heart beats with the determined strength of a wise woman.

**AFFIRMATION:**

I AM Goddess Wisdom in action. When I look in the mirror I see a radiant goddess.  
I AM the spirit of enlightenment.

**ADVANCED MEDITATION and SADHANA:**

Kundalini Pranayama with Bhavana (feeling of the pose with intention for highest good and enlightenment):

In this pranayama, the bhavana, the feeling, is more important than the ratio between puraka (inhalation), kumbhaka (retention) and rechaka (exhalation).

Sit in padmasana. lotus, or siddhasana, facing the East or North. Begin by mentally sitting at the feet of the Divine, in reverence, reciting mantra or hymns of praise. Then begin this pranayama, which will easily lead to the awakening of the kundalini.

Inhale deeply, without making any sound. As you inhale, feel that the kundalini lying dormant in the muladhara chakra is awakened and is going up from chakra to chakra. At the conclusion of puraka, feel the bhavana, or cultivation, that the kundalini has reached sahasrara. The more vivid the visualization of chakra after chakra, using colors and breath the more rapid will be your progress in this Sadhana.

Retain the breath for a short while. Repeat the pranava (meditation on the sacred mantra Om, as outlined in the Upanishads, the Bhagavad Gita, and the Yoga Sutras of Patanjali) on the mantra 'Aum' OM, or your sacred mantra. Concentrate on sahasrara. Feel that by the



grace of Mother Kundalini, the darkness of ignorance enveloping your soul has been dispelled. Feel that your whole being is pervaded by light, power and wisdom. Slowly exhale now. And, as you exhale, feel that the kundalini Shakti is gradually descending from sahasrara, and from chakra to chakra, to the muladhara. Now begin the process again. This pranayama very well may be the magick for attaining perfection and tapping into enlightenment very quickly. Even a few days of practice will convince you of its remarkable glory.

Namaste.

Sources:

Lisa Ware

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