



Journey Thru the Chakras Part 5 Throat Chakra, Vishuddha with Lisa Ware Yoga 4 Love

YouTube Video with Lisa Ware for Journey Thru the Chakras 5 of 7 Throat Vishuddha + Lion's and Bee Breath

https://www.youtube.com/watch?v=ZYQMVIbP72k&index=5&list=PLCd7ffIH_EfNd_5mcJyANYI2DRWuOR4j5&t=0s

Throat Chakra

Sanskrit Name:

Visuddha

Meaning:

Purification, the first of the 3 spiritual upper chakras

Element:

Ether

Breath Work:

Lion's Breath

Bee's Breath, Bhramari Pranayama

Cat/Cow breath Chakravakasana with spiral movement in hips and shoulders

Meditation:

Focus on Ether, Silence

Tortoise Chakra the practice of Pratyahara, and the withdrawal of the senses

Mudras:

Prana Mudra, place thumb over ring and pinkie nail, extend other two fingers with energy, palms up (use for increasing air, and uplifting)

Reverse Namaste

Anjali Mudra

Interlocked Fingers Flip Palms and Reaching in Mountain Pose

Bij Mantra:

HAM



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Crystals:

Turquoise, Aventurine, Lapis Lazuli, Peacock Ore, Blue Lace Agate, Aquamarine, Amazonite, Malachite Azurite, Blue Kyanite, Chrysocolla, Hemimorphite, Apatite, Amber (especially Baltic Amber), Clear and Charged Quartz Crystals.

Foods for the Chakras

Feeding Your Throat Chakra

Theme: Speaking One's Truth, Your Communication Center
Faith

Affirmation: I SPEAK

I AM AT ONE WITH THE UNIVERSE

- Liquids play a large role in healing the throat chakra because of their lubricating qualities; soups, warm teas, lots of pure water, fruit juices, herbal teas
- Avoiding dairy is highly recommended as it can congest your mucus membranes, coat the throat and clog the sinuses
- Blue foods: Blue is a color found rarely in natural foods. Blueberries, black grapes, blackberries
- Blended berries into a smoothie with hydrating coconut water to make a very healing throat chakra tonic
- Tree growing fruits: apples, pears, plums, peaches, apricots, mangoes, oranges and plums. They are 100% pure and ripe and chock full of phytonutrients when they are harvested after naturally falling off the tree
- Tart or tangy fruits: lemons, limes, grapefruit, kiwi, Meyer lemons
- Spices: salt, lemon grass

Surya Namaskar for Throat Chakra



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Starting Postures:

Extended Child's Pose with hands in prayer, bend elbows to place prayer hands behind back of heart center. Breathe.

Vinyasa Flow:

Mountain Pose

Interlocked Fingers Flip Palms and Reaching into a Backbend

Mountain Pose

Forward Fold

All 4's Right Foot back into Kneeling Lunge

Backbend Open Throat pressing hands into thigh

All 4's

Cat and Cow Flow

Right Foot Forward into Lunge, Ajnyasana

Backbend Open Throat pressing hands into thigh

All 4's

Cat and Cow Flow

Extended Child's Pose

Downward Facing Dog

Forward Fold

$\frac{1}{2}$ Lift

Forward Fold

Reverse Swan Dive

Mountain Pose

Interlocked Fingers Flip Palms and Reaching into a Backbend

Mountain Pose

Repeat with option in lunge to take one hand back or both hands back into full backbend with Mudra with interlocked fingers flipping palms

Additional Finishing Poses; hold 15 breaths:

Forward Fold Rag Doll or Holding Opposite Elbows

Monkey Pose

Mountain Pose



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Reach up and Backbend using Mudra with interlocked fingers hold no backbend aligning chakras,
Sky to Earth, Earth to Sky
HA Breath sigh
Thunderbolt Pose, sitting on heels with toes tucked, spread out pinkies
Rock Pose sitting bones on bone of heels
Lion's Pose, Simhasana

Plow, Halasana
Shoulderstand, with Kramas (stages), Salamba Sarvangasana

Recommended Reading:

Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss, PhD
Chakra Balancing Kit by Anodea Judith
Chakra Meditation by Swami Saradananda
Crystal Healing by Simon and Sue Lilly

18/04