



The Ultimate *Chakra Yoga Sequence* Root to Crown Flow

Here's a chakra-themed yoga sequence that flows from root to crown—designed to energise, balance, and align each energy centre in order. It's beginner-friendly with options to modify or deepen, depending on your experience level.

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About



Ready to realign, recharge, and reconnect? This Root to Crown Flow is your go-to sequence for tuning into each of your seven chakras—gently, intentionally, and with just the right amount of soul. From grounding down into your Root to expanding into your Crown, each pose in this flow is designed to awaken, balance, and support your energy centres.

Whether you're feeling a little off or just craving a mindful reset, this sequence will help you move through the layers of your body and breath, with purpose and peace.

🧘♀️ Let's flow from grounded to glowing. One breath. One chakra. One beautiful shift at a time.



CHAKRA YOGA SEQUENCE: ROOT TO CROWN FLOW

Total time: 45–60 minutes (or shorter with fewer breaths per pose)

Vibe: Grounded, intentional, soul-smoothing

1 Seven main chakras

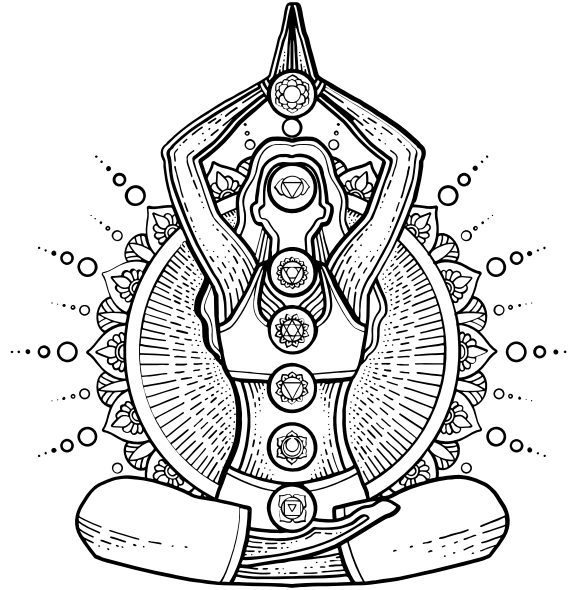
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|-----|--------------------------------|
| I | Root Chakra (Muladhara) |
| II | Sacral Chakra (Svadhista) |
| III | Solar Plexus Chakra (Manipura) |
| IV | Heart Chakra (Anahata) |
| V | Throat Chakra (Vishuddha) |
| VI | Third Eye Chakra (Ajna) |
| VII | Crown Chakra (Sahasrara) |

What Are Chakras?

In Sanskrit, chakra means "wheel" or "disk," referring to the spinning energy centres in your body that correspond to specific physical, emotional, and spiritual functions. There are seven main chakras, starting from the base of your spine to the crown of your head. When one of these little energy wheels is out of tune, you might feel it physically or emotionally—like tension, fatigue, anxiety, or even a craving for chaos (hello, retrograde season). Yoga helps by aligning and activating chakras. Think of it as tuning up your inner engine.

When Chakras Are in Harmony

What Balanced Energy Feels Like



Ever wonder what happens when your chakras are actually working with you instead of against you? Here's a colourful breakdown of what life feels like when each energy centre is aligned, open, and flowing freely, from root to crown.

Let's vibe check your energy centres: 🌈👉

1. Root Chakra - Grounding & Stability



Theme: "I am safe. I am supported."

- **Easy Seated Pose (Sukhasana)** – Sit cross-legged, close your eyes, and take 5 deep breaths. Feel your sit bones rooting into the earth.
- **Mountain Pose (Tadasana)** – Stand tall, feet hip-width apart. Visualise roots growing from your soles into the ground.
- **Garland Pose (Malasana)** – A deep squat for grounding and hip opening. Hands at heart centre, spine long.

🧘♀️ Hold each for 5–7 breaths.



2. Sacral Chakra – Creativity & Flow



Theme: "I embrace pleasure and flow with life."

- Cat (Marjaryasana) – Flow between these poses to awaken the pelvis.
- Bound Angle Pose (Baddha Konasana) – Sit, bring soles of feet together, knees open wide. Gently flap knees like butterfly wings.
- Goddess Pose (Utkata Konasana) – Wide-legged squat with arms strong and flowing. Tap into fierce femininity.

🧘♀️ Hold each for 5–7 breaths.



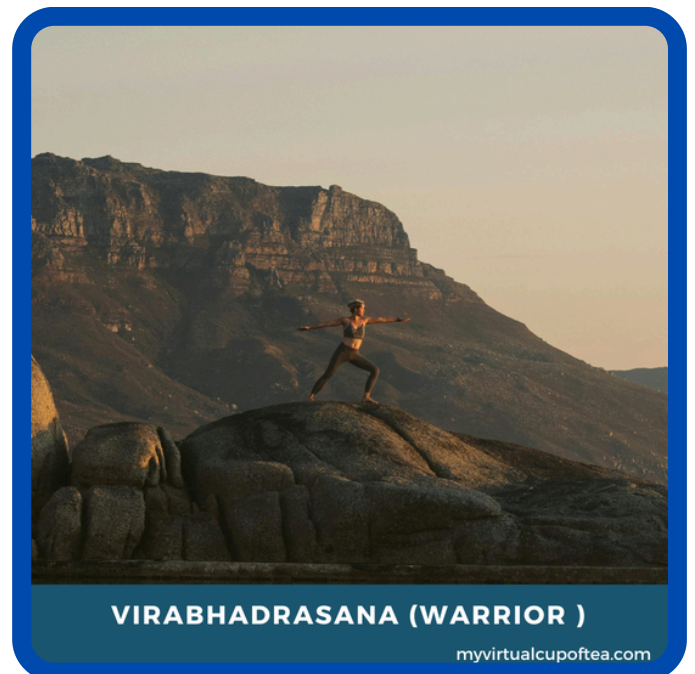
3. Solar Plexus Chakra – Power & Confidence



Theme: "I am strong and confident."

- Boat Pose (Navasana) – Engage your core, lift your chest, and float your legs.
- Warrior II (Virabhadrasana II) – Strong, steady, rooted in power.

🔥 Hold for 5 breaths each. Add a few core pulses in Boat if you want to spice things up.



4. Heart Chakra – Love & Compassion

USTRASANA (CAMEL POSE)



USTRASANA (CAMEL POSE)



Theme: "I give and receive love freely."

- Camel Pose (Ustrasana) – A heart-opening backbend (can modify with hands on low back).
- Bridge Pose (Setu Bandhasana) – Lie on your back and lift your hips, interlacing your fingers under your spine.
- Reverse Warrior (Viparita Virabhadrasana) – Add flow and grace as you reach back with your heart wide open.

♥ Breathe deeply into the chest, holding each for 5–8 breaths.

SETU BANDHASANA (BRIDGE POSE)



VIPARITA VIRABHADRASANA(REVERSE WARRIOR)

5. Throat Chakra – Truth & Expression

SARVANGASANA (SHOULDER STAND)



VIPARITA KARANI (LEGS-UP-THE-WALL)



Theme: "I speak my truth clearly and with love."

- Shoulder Stand (or Legs-Up-the-Wall as a gentler option) (Sarvangasana)– Inversions stimulate the throat area.
 - Fish Pose (Matsyasana) – Arch back gently, lifting chest and throat.
- Hold poses for 5–7 breaths.

MATSYASANA (FISH POSE)



6. Third Eye Chakra – Intuition & Insight

BALASANA (CHILD'S POSE)



GARUDASANA (EAGLE POSE)



Theme: "I trust my inner wisdom."

- Child's Pose (Balasana) – Rest your forehead on the mat. Breathe into your third eye.
- Eagle Pose (Garudasana) – Balancing focus for body and mind.
- Seated Forward Fold (Paschimottanasana) – Calm and inward-facing. Focus your gaze inward.

● Stay inward, use drishti (gaze) between your eyebrows, hold 5–8 breaths.

PASCHIMOTTANASANA (SEATED FORWARD FOLD)



7. Crown Chakra – Spiritual Connection

SIRSASANA (HEADSTAND)



SIRSASANA (HEADSTAND VARIATION)



Theme: "I am connected to the divine and all living beings."

- Headstand (Sirsasana) – Optional – An advanced inversion for crown activation.
- Blissful Position (Ananda) – Lie down, completely surrender. Imagine violet or white light flowing through your body.
- Sukhasana, also known as Easy Pose, - sit cross-legged with a straight spine for promoting relaxation and inner peace, used for meditation and pranayama

✨ Close your practice in stillness. Let it all integrate. You can repeatedly chant the mantra "Om" in your mind.

ANANDA (BLISSFUL POSITION)



SUKHASANA (EASY SEATED POSE)



Balancing your chakras isn't about perfection—it's about awareness.

When we say “namaste,” we are honouring the light, love, and energy that exists in others, fostering a sense of unity and peace in our interactions.



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CLOSING RITUAL

Seal your practice by bringing hands to heart center and bowing with gratitude—"Namaste" never felt so aligned. "Namaste" is more than just a greeting; it embodies a deep sense of respect and acknowledgment of the divine within each person.

When Chakras Are in Harmony

What Balanced Energy Feels Like

Keep the Energy Flowing

Chakra work isn't a one-and-done deal—it's a journey of awareness, movement, and subtle shifts. For best results, **practice this sequence 2–3 times a week**, or whenever you feel energetically unbalanced. Stick with it, and after **just 1 month**, you may notice a powerful shift:

- You'll feel more grounded, more open, and more in tune with your body and intuition.
- Emotional patterns will soften.
- Your inner voice gets louder (in a good way).
- And that scattered, “all over the place” feeling? It starts to fade.

🌟 *Because when your energy flows freely, everything else begins to align, too.*

Click the link below to learn more:

<https://myvirtualcupoftea.com>