



# Theming for the 4th Chakra

Heart | Anāhata

Themed possibilities and suggestions for the Heart Chakra (these ideas are just starters; there are many more)	
<b>Poses</b>	Camel, fish, king pigeon, bridge, wheel <sup>‡</sup> , dolphin, hero's, cobra.
<b>Music</b>	<i>Let There Be Peace on Earth</i> (various renditions), <i>Joy to the World</i> (Three Dog Night), <i>Happy</i> (Pharrell Williams), <i>Peace Train</i> (Cat Stevens), <i>Thank U</i> (Alanis Morissette), <i>Just Breathe</i> (Pearl Jam).
<b>Essential Oils</b> (use only with consent of all affected)	Lemongrass, eucalyptus, camphor, cedarwood, thyme, oregano.
<b>Mudra</b>	Hridaya, Anjali, Padma, Pralamba, Mritsamjivani.
<b>Pranayama (Breath)</b>	Three Part Breathing (Dirga Pranayama).
Note: To find instructions on how to do a particular mudra (hand gesture) or pranayama practice, please do a simple internet search.	

<sup>‡</sup> Teachers must be very intentional and attentive when helping students get into poses like Wheel.