



Theming for the 6th Chakra

Third Eye | Ājñā

Themed possibilities and suggestions for the Third Eye Chakra (these ideas are just starters; there are many more)	
Poses	Childs, head to knee, tree, headstand [‡] .
Music	<i>Imagine</i> (John Lennon), <i>Man in the Mirror</i> (Michael Jackson), <i>Wake Me Up</i> (Aloe Blacc), <i>I Can See Clearly Now</i> (Jimmy Cliff)
Essential Oils (use only with consent of all affected)	Helichrysum, cedarwood, clary sage, lavender, juniper, hyssop.
Mudra	Hakini, Nirvana, Ājñā Chakra, Bhairava (♂) / Bhairavai (♀)
Pranayama (Breath)	Victorious (Ujjayi) breath, Alternate Nostril Breathing (Nadi Shodhana), Humming Bee Breath (Bhramari Pranayama). Anodea Judith, author of <i>Chakra Balancing</i> , says that since the third eye is literally in the head, it is really not accessed through physical exercise but rather through breathing practices. ¹
Note: To find instructions on how to do a particular mudra (hand gesture) or pranayama practice, please do a simple internet search.	

[‡] Teachers must be very intentional, knowledgeable, and attentive when helping students get into poses like headstand.



ROOT TO RISE
YOGA TEACHING METHOD

¹ Judith, Anodea. *Chakra Balancing*. Sounds True, 2006. p74