



Theming for the 7th Chakra

Crown | Sahasrāra

Themed possibilities and suggestions for the Crown Chakra (these ideas are just starters; there are many more)	
Poses	Easy, lotus, forearm headstand [‡] , corpse, any practices where you focus on the breath, which helps bring you more deeply into the vastness of the present moment.
Music	<i>Across the Universe</i> (Beatles), <i>Let it Be</i> (Beatles), <i>Hallelujah</i> (many artists have covered this Leonard Cohen song), <i>Graceland</i> (Paul Simon), <i>Love is the Answer</i> (England Dan & John Ford Coley), <i>Lord Is It Mine</i> (Supertramp), <i>By Thy Grace</i> (Snam Kaur), <i>I Am Who I Am</i> (Guru Singh with Seal), <i>One</i> (U2)
Essential Oils (use only with consent of all affected)	Frankincense, myrrh, angelica, ylang ylang, neroli.
Mudra	Sahasrara, Prana, Abhaya, Samputa.
Pranayama (Breath)	Breath of Fire (kapalabhati pranayama, "skull luster").
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 and attentive when helping students get into poses like headstand.



ROOT TO RISE
YOGA TEACHING METHOD