



Theming for the 5th Chakra

Throat | Viśuddha

Themed possibilities and suggestions for the Throat Chakra (these ideas are just starters; there are many more)	
Poses	Rabbit, †plow†, lion, shoulder stand†, any stretching involving the neck.
Music	<i>Roar</i> (Katie Perry), <i>Hallelujah</i> (many artists have covered this Leonard Cohen song), <i>Everybody Talks</i> (Neon Trees), <i>New Soul</i> (Yael Naim), <i>Voices Carry</i> (Til Tuesday), <i>Human</i> (Christina Perri).
Essential Oils (use only with consent of all affected)	Chamomile, basil, tea tree, bergamot.
Mudra	Granthita, Matangi, Shankha, Viśuddha Chakra.
Pranayama (Breath)	Lion's Breath (simhasana), Three Part Breathing (Dirga Pranayama), Cooling Breath (Sitali Pranayama and Sikara Pranamaya).
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 Plow and Shoulder Stand.	



ROOT TO RISE
 YOGA TEACHING METHOD