

MWEL1150-01, MWEL 1150-02
Chakra Yoga
Tuesdays, 9:30 AM and 11:00 AM
Rec Center-Studio B

Instructor: Jennifer McGuire: Pianist, Vocal Coach, Conductor, and Registered Yoga Teacher-500 hour level

In yoga, the chakras are points of energy in the body that can be activated via physical movement (asana), breathwork (pranayama), and/or meditation. The chakras are also said to be connected to specific organ systems in the body, as well as emotions. The chakra system originated in ancient India, and also exists in the Buddhist tradition. Throughout history, the number of chakras thought to be in the body have fluctuated (anywhere from 4 to 88,000)! In this class, we explore the 7-chakra system, which is the most commonly used system in yoga today. The seven chakras are found along the spine, beginning at the tailbone and moving all the way up to the top of the head. We spend two weeks learning about each chakra, doing yoga flows designed to energize each one.

Scientific evidence for the chakras: none! These are considered “subtle” energy; some might even call the connection to them spiritual. There is no way to measure this connection, except through personal experience. **However**, the benefits of yoga have been proven scientifically, many times over:

PHYSICAL BENEFITS

- Improved flexibility, mobility and balance
- increased strength
- can reduce pain and improve heart health

MENTAL BENEFITS

- reduced stress
- can help manage anxiety and depression
- increases body awareness
- “yoga” means “to yoke” or “to unite.” Our goal in yoga is to unite the body, mind and the spirit. When this happens, we have better access to our “relaxation response;” we feel less of the “fight or flight” urge.

I encourage my students to take what resonates with them and leave what doesn't. Many of them don't believe in the chakras at all, and that's perfectly fine! No matter what, they are going to get a balanced, anatomically-informed yoga flow, and they will always have a few minutes at the end of class in the most important yoga pose-

SAVASANA (Corpse pose-we lay down and do nothing)!

Find a short sample practice [here](https://youtu.be/MjHH4S32Pxc) (no mat required):

<https://youtu.be/MjHH4S32Pxc>