

Chakra Balance, Rainbow Sequence

Kristen McQuillin



1. **Root Chakra** • Muladhara Chakra



2. **Staff Pose** • Dandasana



3. **Seated Forward Bend Pose** • Paschimottanasana



4. **Garland Pose** • Malasana



5. **Standing Forward Fold Pose** • Uttanasana



6. **Chair Pose** • Utkatasana



7. **Mountain Pose** • Tadasana



8. **Sacral Chakra** • Swadhisthana Chakra



9. **Standing Pelvic Circles**



10. **Wide Legged Forward Fold**



11. **Extended Triangle Pose** • Utthita Trikonasana



12. **Extended Triangle Pose** • Utthita Trikonasana



13. **One Legged Goddess Pose** • Eka Pada Utkata Konasana



14. **One Legged Goddess Pose** • Eka Pada Utkata Konasana



15. **Mountain Pose** • Tadasana



16. **Solar Plexus Chakra** • Manipura Chakra



17. **Staff Pose** • Dandasana



18. **Boat Pose** • Navasana



19. **Both Big Toe Pose** • Ubhaya Padangusthasana



20. **Twisted Pose** • Vakrasana



21. **Twisted Pose** • Vakrasana



22. **Full Body Stretch Pose** • Supta Utthita Tadasana



23. **Belly Stretch**



24. **Heart Chakra** • Anahata Chakra



25. **Snake Pose** • Sarpasana



26. **Sphinx Pose** • Salamba Bhujangasana



27. **Cat Cow Pose** • Bitilasana Marjaryasana



28. **Camel Pose** • Ustrasana



29. **Savasana**



30. **Throat Chakra** • Vishuddha Chakra



31. **Fish Pose** • Matsyasana



32. **Bridge Pose Variation Ankle** • Setubandha Sarvangasana Variation Ankle



33. **Choose one**



34. **Half Plough Pose** • Ardha Halasana



35. **Shoulderstand Pose** • Sarvangasana



36. **Plough Pose** • Halasana



37.



38. Savasana



39. Third Eye Chakra • Ajna Chakra



40. Child Pose • Balasana



41. Bowing Yoga Mudra • Balasana Bowing Yoga Mudra



42. Wide Child Pose • Prasarita Balasana



43. Bumble Bee Breath • Bhramari Pranayama



44. Easy Pose • Sukhasana



45. Crown Chakra • Sahasrara Chakra



46. Choose one



47. Bowing Yoga Mudra Variation • Child Pose Bowing Yoga Mudra Variation



48. Tripod Headstand Prep • Knees On Elbow • Catur Svanasana Sirsasana Janu Kurpara



49. Headstand Pose • Salamba Sirsasana



50.



51. Easy Pose • Sukhasana



52. Lotus Mudra • Pankaja Mudra

Savasana

53. Feel your energy