Yoga 101

JOY CHILDRESS
FINE ARTIST
CERTIFIED YOGA INSTRUCTOR
CERTIFIED REIKI MASTER
JOYCHILDRESS.COM
Brief History

- Yoga = Yoking or to unite or bring into balance
  - Body ~ Mind ~ Spirit connection

- The spiritual tradition dates back 5000 years ago originating in ancient India
- Yoga is a group of physical, mental, and spiritual practices or disciplines
- There is a broad variety of yoga schools, practices, and goals. ex: Hatha yoga
Subtle body

- Chi, Prana, Life Force
- Chi Ball Exercise
- Breath to Movement Exercise
  - Movement ~ Breath ~ Intention
    - Drop into the body: Sensations of the Body connect you to the present moment
    - Dr. Masaru Emoto’s work proves intention is powerful!
    - Three part Breath or Whole Breath
Chakra (Chuck-ruh)

- **Wheel or disc**

- In the ancient yoga system the word Chakra is used to describe a spinning vortex of energy in the Subtle Body
7 Major Chakras

- 88,000 Chakra
- 7 major Chakras arranged vertically along the spine

1-Root Chakra
2-Sacral Chakra
3-Solar Plexus Chakra
4-Heart Chakra
5-Throat Chakra
6-Third eye Chakra
7-Crown Chakra
The 7 Major Chakras

- **Root**: Gives you a firm foundation, grounding, survival, security stability, self acceptance, confidence you find your physical identity.
- **Sacral**: Movement and flow, to feel pleasure, to desire, to create - creativity, connect with your emotional identity. Gateway of the senses.
- **Solar Plexus**: Movement - energizing the limbs and abs. Will power and ego. Where nutrients are harnessed - food, air. “The stove”
- **Heart**: Love, relationship, compassion, understanding, service, awakening to spiritual transformation, our social identity, self acceptance of our authentic self.
- **Throat**: Communication, chanting, creativity, hearing and speaking the truth, effective and authentic communication, your creative identity.
- **Third Eye**: Seeing, visualization/ imagination, intuition, insight, identity, self reflection, shows us the bigger picture of where we are going. “Command Center”
- **Crown**: Pure awareness, understanding, unity with Devine, transcendence, universal identity.
Questions?

My contact Info:

joy.a.childress@gmail.com

JoyChildress.com