Bioenergetics By Energy Center

First Chakra

Foot Scrape
Full Body Shake Warm Up
Press Block Raspy Breath
Tai Chi Walk
Tree Push and Pull
Up and Down Press Raspy Breath
Hands of Light Yoga Chakra Exercises

- Wide stance - up and down
- Cross legs and move hips forward and back with breath

Second Chakra

2nd Chakra Spine and Hip Openers
Lowen Bioenergetics Hip Openers
Mixing and Crossing Energy
Partner Feeling and Flow
Pelvic Breathing
Hands of Light Yoga Chakra Exercises

- Wide stance - swing hips forward and back and with legs parallel, roll hips (change directions)
- On knees in Hero's pose, move hips forward and back with breath
- Lie on back and scissor legs with breath

Third Chakra

Amass and Redistribute Energy
Lowen Bioenergetics Wood Chopper
Partner Space Invaders
Ram Seed Exercise
Riding Stance Punch Chi-Up
Hands of Light Yoga Chakra Exercises

- Partner jumps – one partner jumps bringing knees way up (6-10 times)
- Cross leg sitting, hands on shoulders, twist and breathe
- Lie down, lift torso and arms with rapid-fire breathing, relax and repeat

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Fourth Chakra

Heart Block
Lowen Bioenergetics Bow and Forward Flop
Open Palm Chi-Up
Hands of Light Yoga Chakra Exercises

- Child pose forward and back - child pose with arms by side
- With partner, child pose and partner bends over
- Sitting cross legged, bend arms hold hands and twist with elbows to breast
- Sitting chest forward and back - then shoulders shrug up and down

Fifth Chakra

Morning Bowl Rituals
Lowen's Bioenergetics Explanation, No-Yes
Moving from Matter to Spirit
Partners Mini Trust Fall and Finding Their Center
Strangling Hold Escapes 1
Hands of Light Yoga Chakra Exercises:

- Head down and up, sides, roll, reverse, turn to sides

Sixth Chakra

Child's pose
Hands of Light Yoga Chakra Exercises:

- Eyes up, down, right, left - diagonal and roll around and reverse
- Sitting cross-legged, hands interlocked - lift arms, breathe out on the way up, inhaling on way down

Seventh Chakra

Hands of Light Yoga Chakra Exercises

- Head stand - modified
- Kneeling, hands interlocked in steeple, repeat to self "be still and know that I am god"

Life Purpose Line

Column of Light
Connecting Heaven and Earth

Physical Life Purpose Pt

Infinity Power through PLP Point

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