

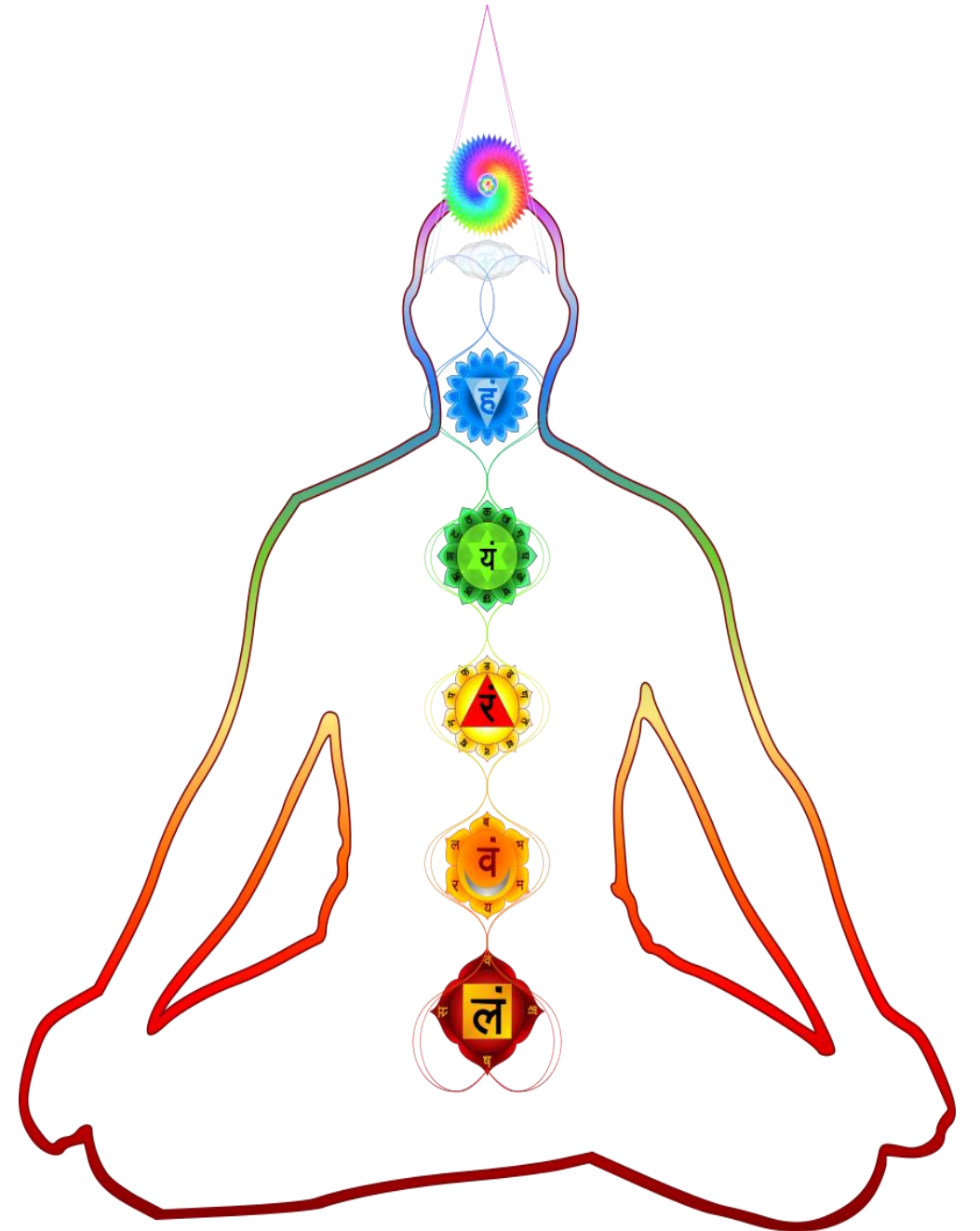
Yoga Chakra Treasure Box for Teens

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IDY 200 Teacher Training Project

Sun & Moon Studio

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GOAL/VISION

The word Chakra in Sanskrit means “wheel” or “disc”. The Chakras are key to our physical health, our emotional stability and our mental clarity. Because the Chakra’s encompass colors, senses, emotions, breath, physical and mental body, there is a wide variety of focal points to plan your series.

While this particular program is designed for teens, this is a flexible program that could be used as a summer rec program over a period of weeks, or at a Senior Citizen Activity Center incorporating arts & crafts and mind/body connection. This program could also be tailored to work with special needs children or part of a military veteran assistance program, as part of their rehab to help the mind and body heal together.

Intro class can begin with a Chakra overview. Suggest 1 – 1 ¼ hours per class, with the first 15 minutes discussing the weekly Chakra focus and the treasure box contents; 30-40 minutes of practice incorporating the poses, mantra and intention and closing thought.

As a continuing series (8 weeks or ongoing), students learn each week’s Chakra, the meaning behind each one and types of poses that can enhance your Chakra experience.

As we all experience the Yoga journey, let us continue to creatively introduce and enrich the lives of others!

For the Senses

By John O’Donohue

May the touch of your skin
Register the beauty
Of the otherness
That surrounds you.

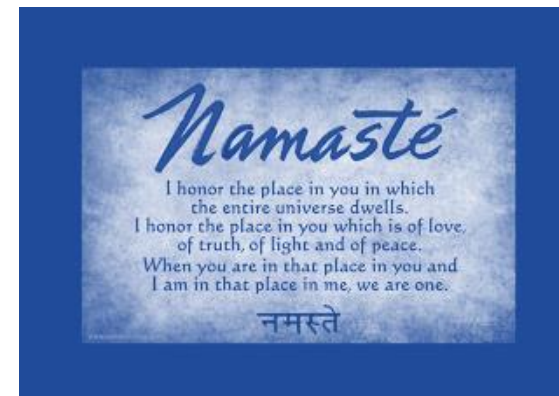
May your listening be attuned
To the deeper silence
Where sound is honed
To bring distance home.

May the fragrance
Of a breathing meadow
Refresh your heart
And remind you you are
A child of the earth.

And when you partake
Of food and drink,
May your taste quicken
To the gift and sweetness
That flows from the earth.

May your inner eye
See through the surfaces
And glean the real presence
Of everything that meets you.

May your soul beautify
The desire of your eyes
That you might glimpse
The infinity that hides
In the simple sights
That seem worn
To your usual eyes.



Guide to Creating a Treasure Box

Items needed:

A Cigar Box or Wooden box from Michaels or any dollar store

Paints, beads, fabric, stickers to decorate (Yoga stickers from Zazzle on Etsy)

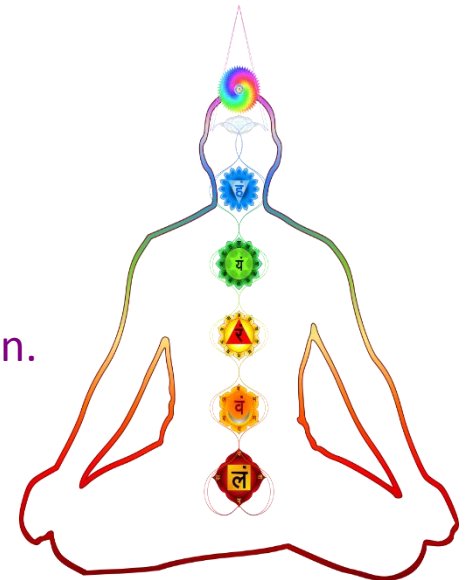
Journal and pen to write in it each week

Paint the boxes - have the teens decorate them each week based on the Chakra/Sense you are working on for the class.

The teens used these on their boxes and in their journals.








Then using fabric, markers, paint, jewels, beads, etc – let the teens decorate their own box.

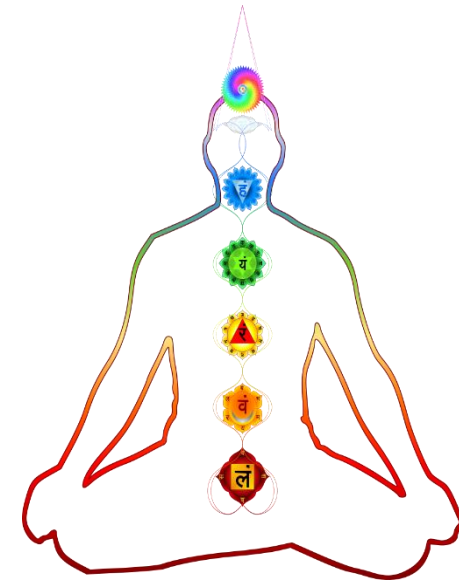
Each week, add something to the box. You can do this by Chakra or by Sense or in combination.



Chakra Descriptions

SEVEN MAIN CHAKRAS

							
NAME	ROOT	SACRAL	SOLAR PLEXUS	HEART	THROAT	BROW	CROWN
SANSKRIT NAME	Muladhara Root	Swadhisthana Sweetness	Manipura Lustrous Gem	Anahata Unstruck Sound	Vishuddha Purification	Ajna To Perceive Perception	Sahasrara Thousandfold
DRIVE	Survival	Sexuality, Pleasure	Willpower	Love	Communication	Inspiration	Transcendence
COLOR	Red	Orange	Yellow	Green	Blue	Indigo or Violet	Violet or White
PHYSICAL BODY	Bones, Teeth, Legs, Feet	Bladder, Kidney, Reproductive organs, bodily fluids	Abdomen, digestive system, lower and middle - back	Heart, Lungs, Chest, Upper back	Neck, throat, vocal chords, ears	Face, eyes	Skull, brain, skin
ELEMENT	Earth	Water	Fire	Air	Sound, Space, Ether	Light	Thought
SENSE	Smell	Taste	Sight	Touch	Hearing	Intuition 6 th Sense	Higher Self
DEMON	Fear	Guilt	Shame	Grief	Lies	Illusion	Attachment



Sample pictures of Treasure Box



1 – Muladhara - Root Chakra - Sense of Smell

JOURNAL TOPIC – *What smell keeps you rooted in happy memories?*

INTENTION – *I feel safe*

MANTRA – *Lam*

BREATHING – *Belly breath to feel grounded*

Ideas for Box Contents:

Aromatherapy oil (ginger, cinnamon)

Smooth stones to put in palms during Savasana

IDEAS FOR POSES:

Down Dog

Mountain

Tree Pose

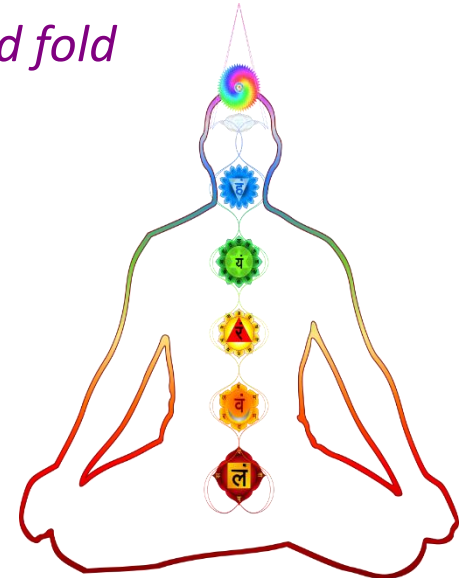
Warrior 1

Wide Legged forward fold

Child Pose

Bound Angle

Savasana



2 – Svadhithana - Sacral Chakra – Sense of Taste

JOURNAL TOPIC – *What is your favorite food and why?*

INTENTION – *I am grateful*

MANTRA - *Vam*

BREATHING – *Belly breath (deeper)*

Ideas for Contents:

Dark Chocolate

Tea

IDEAS FOR POSES:

Pelvic clock

Six movements of the spine (table or seated)

Cat/Cow

Deep lunge

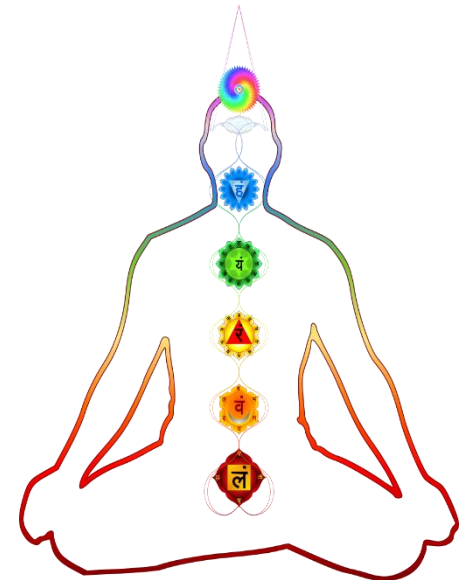
Pigeon

Supported bound angle

Fire log

Eagle

Lying leg stretch (1,2,3)



3 – Manipura - Solar Plexus Chakra – Sense of Sight

JOURNAL TOPIC – *Name 3 positive attributes about yourself when you look in the mirror*

INTENTION – *I am confident*

MANTRA - *Ram*

BREATHING – *Breathe into back ribs*

Ideas for Contents:

Eyebag (home made craft)

Yoga Puzzler/Word Find

IDEAS FOR POSES:

Boat

Side plank

Gate

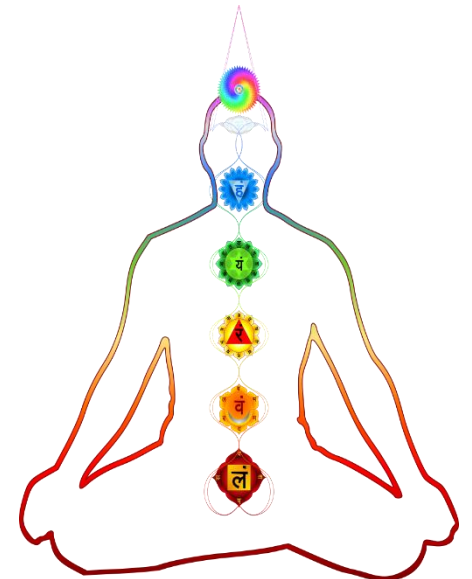
Bow

Seated twist

Lunge twist

Baxter's twist series

Revolve triangle



4 – Anahata - Heart Chakra – Sense of Touch

JOURNAL TOPIC – *What makes your heart happy?*

INTENTION – *I will treat others with respect*

MANTRA - *Yam*

BREATHING – *3 part breath*

Ideas for Contents:

Bath salts

IDEAS FOR POSES:

Chest openers

Shoulder openers

Cow face pose

Eagle

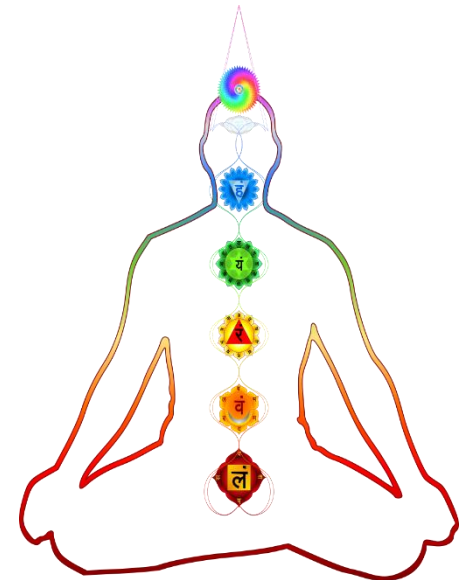
Camel

Cobra – Up Dog

Fish pose

Back bends

Bridge pose



5 – Visuddha - Throat Chakra – Sense of Hearing

JOURNAL TOPIC – What positive statement would you shout from a mountain about yourself?

INTENTION – *I am open to listening*

MANTRA - *Ham*

BREATHING – *Ujayii; Lion breath*

Ideas for Contents:

CD music – find personal music that speaks to you

IDEAS FOR POSES:

Rolling spine bridge

Neck release stretches

Lion

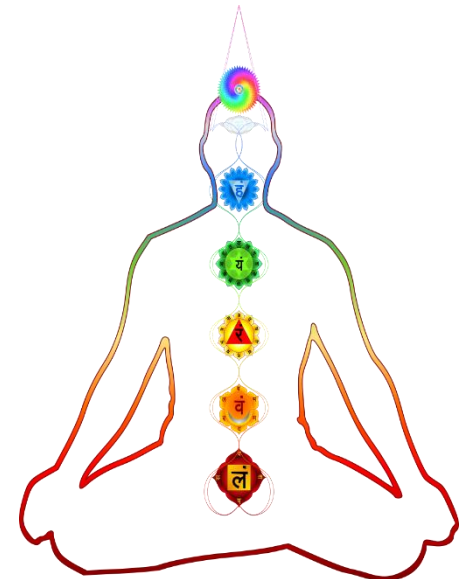
Camel

Shoulder stand

Head stand

Plough pose

Fish



6 – Ajna - Third Eye Chakra – Sense of Intuition

JOURNAL TOPIC – *What are you good at?*

INTENTION – *I trust my self*

MANTRA – *Om or Sham*

BREATHING – *Alternate nostril breathing*

Ideas for Contents:

Mindfulness Coloring Book

IDEAS FOR POSES:

Quarter dog

Child pose

Rabbit pose

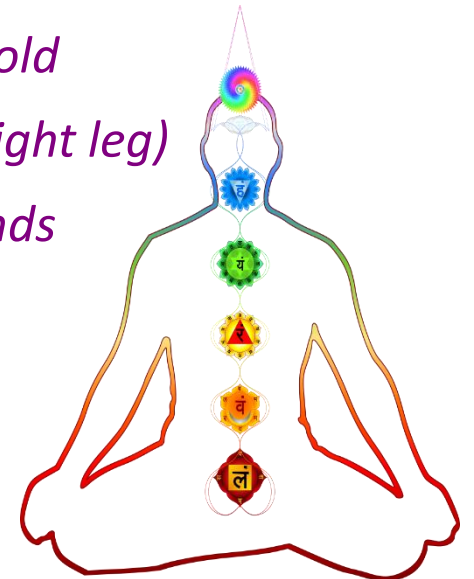
Warrior 1,2,3

Pigeon

Supported wide legged forward fold

Seated forward fold (bent or straight leg)

Sun salute – have eyes follow hands



7 – Sahasrara - Crown Chakra – Sense of Higher Self

JOURNAL TOPIC – *How can I pay it forward?*

INTENTION – *I am giving*

MANTRA – *Dissipating silence after Om*

BREATHING – *Silent breathing*

Ideas for Contents:

A favorite personal item they would give away

IDEAS FOR POSES:

Silent (or quiet) meditation

Head stand

½ head stand

Bridge

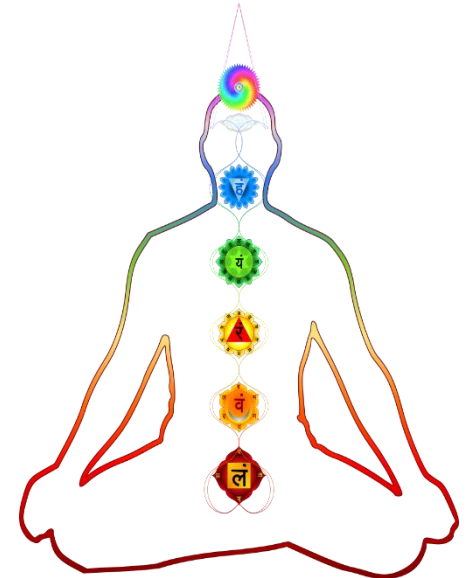
Tree

Mountain

Supported bound angle

Legs up the wall

Corpse



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