

# 21 Day Chakra Challenge

*balance your chakras in 30 minutes a day*

Beyond Down Dog



[www.beyonddowndog.com](http://www.beyonddowndog.com)

# Before You Begin:

## Legal Disclaimer

Consult your physician or other health care professional before starting this or any other program to determine if it is right for you. You practice yoga and other exercise programs offered by Beyond Down Dog at your own risk. Beyond Down Dog and the creator hereby assume no liability for and disclaim any liabilities and assume no responsibility for injuries or any other loss that may result from activities outlined herein. Beyond Down Dog and its creator assume no liability and disclaim any liabilities of loss or injury in connection with any information provided on this channel, website, blog, social media, course, and/or other material, including E-Books. Beyond Down Dog and its creator make no representation or warranties with regards to the completeness or accuracy of this website, related blog, social media, e-book, course and/or other material or other products herein.

## Picture credit

[www.snappygoat.com](http://www.snappygoat.com) for all chakra images

## What you need

- A Yoga Mat
- A Journal/Writing Device
- A Timer
- Yoga Props if used

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# 21 Day Chakra Challenge Introduction & Instructions

## What are Chakras

Chakras are energy centers in our bodies that are linked to physical, emotional, and spiritual manifestations. For example, the first chakra sits at the base of your spine, is your foundation, and represents security. If you are in a situation where you do not feel safe, this physical location may exhibit symptoms like constipation, etc.. By doing some emotional and physical work (there are yoga poses that can help clear blocks in your chakras), you can balance this area to improve your life.

## Yoga

Each yoga sequence can be found at:

[https://www.youtube.com/channel/UC0ZEWkE\\_4Lggof0AYjaelHA/playlists](https://www.youtube.com/channel/UC0ZEWkE_4Lggof0AYjaelHA/playlists)

There is a Playlist called "21 Day Chakra Challenge." There are 7 videos. You will spend 3 days on each Chakra and each video is 20 minutes.

## Meditation

In this e-book, you will be given a meditation prompt for your 5-minute meditations. As you relax and get into your meditative state (close your eyes, drop your shoulders and breathe), think about the statement. Then let go, and let your mind guide you. You can picture the color of the chakra at its location for added alignment.

## Journal

This e-book will provide you with 3 journal prompts for each Chakra. Use one per day as you journey through the challenge.

**\*times are flexible - please take as long as you would like on all 3 elements\***

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## Days 1-3



## 1<sup>st</sup> Chakra (Root Chakra/Muladhara)

**Location:** Pelvic area

**Primary Issues:** Nourishment, Trust, Health, Home, Family and Prosperity, Survival

**Goals:** Reclaiming the rights to our own bodies. Affirming the right to existence.

### Yoga (20 Min)

#### *Poses for the Root Chakra*

Mountain

Chair

Forward Fold

Big Toe

Reclining Big Toe

Leg Lifts

Staff

Sitting Forward Fold

Boat

Hero

### Meditation (5 Min)

I love my body and trust its wisdom

### Journal Prompts (5 Min)

Day 1 - Which of my needs do I feel are not being met? Which are not?

Day 2 - If there are areas of my life where I do not feel safe and secure, what can I do to increase my safety?

Day 3 – Are my finances in order? How could I feel more secure financially?

Days 4-6



## 2<sup>nd</sup> Chakra (Sacral Chakra/Swadisthsana)

**Location:** Lower abdomen

**Primary Issues:** Sexuality, Desire and Need

**Goals:** Reclaiming the rights to our own bodies. Affirming the right to existence.

### Yoga (20 Min)

#### *Poses for the Sacral Chakra*

Tree

Downward Dog

Plank

Wide-Legged Forward Fold

Cat/Cow

Garland

Seated Spinal Twist

Butterfly

Sphinx

Pigeon

Frog

Cow's Head

### Meditation (5 Min)

I deserve pleasure in my life.

### Journal (5 Min)

Day 4 - What messages did I receive as a child regarding my emotions?

Day 5 - Do I value and listen to my feelings?

Day 6 – How do I creatively express myself?

\*\*\*Video – Camel ride breathing; garland “ankles tot the mat”

Days 7-9



## 3<sup>rd</sup> Chakra (Solar Plexus Chakra/Manipura)

**Location:** Middle Abdomen

**Primary Issues:** Taking action and asserting rights

**Goals:** A well defined sense of self, find your own voice

**Yoga (20 Min)**

*Poses for the Solar Plexus Chakra*

Triangle

Revolved Triangle

Warriors I, II & III

Side Angle

Revolved Side Angle

Locust

Bow

Bridge

Boat

Wide Legged Forward

Seated Spinal Twist

**Meditation (5 Min)**

I honor the strength within me. The fire within me destroys my fears.

**Journal Prompts (5 Min)**

Day 7 - Do I assert my wants and needs? Explain.

Day 8 - Do I seek approval from others? Explain.

Day 9 - How is my self esteem? Am I proud of my accomplishments?

Days 10-12



## 4<sup>th</sup> Chakra (Heart Chakra/Anahata)

**Location:** Heart region

**Primary Issues:** Self acceptance and acceptance of others

**Goals:** Unconditional compassion and loving kindness; balance long for and fear of commitment

### Yoga (20 Min)

#### *Poses for the Heart Chakra*

Camel

Royal Pigeon

Half Circle

Reclined Butterfly

Sphinx

Side Plank

Reverse Plank

Legs up the Wall

Bow

Cobra

Downward Dog

Upward Dog

Dancer

### Meditation (5 Min)

I am loved. I believe in love. I love freely.

### Journal Prompts (5 Min)

Day 10 - Do I forgive people easily? Explain.

Day 11 - How do I receive love?

Day 12 - How do I show love?

Days 13-15



## 5<sup>th</sup> Chakra (Throat Chakra/Visuddha)

**Location:** Throat

**Primary Issues:** To speak one's truth; to express creativity

**Goals:** To be an effective communicator, clear speaker and better listener; to express oneself

**Yoga (20 Min)**

***Poses for the Throat Chakra***

**Supported Shoulder Stand**

**Plough**

**Bridge**

**Camel**

**Reverse Plank**

**Table Top**

**Reclined Butterfly**

**Meditation (5 Min)**

I speak and hear the truth. My voice is powerful and expressive. My creativity flows through me.

**Journal Prompts (5 Min)**

Day 13 - How do I express myself?

Day 14 - Do I feel that I am supported when I speak my mind? Explain.

Day 15 - What are my creative outlets? How do I feel when I am doing these activities?



Days 16-18



## 6<sup>th</sup> Chakra (Third Eye Chakra/Ajna)

**Location:** Brow

**Primary Issues:** Self-reflection

**Goals:** To recognize things as they are; set goals; replace illusions with reality

**Yoga (20 Min)**

*Poses for the Third Eye Chakra*

**Fish**

**Supported Shoulder Stand**

**Warrior 3**

**Eagle**

**Standing Forward Bend**

**Wide Legged Forward Bend**

**Big Toe**

**Three-Faced Monkey**

**Meditation (5 Min)**

I see with clarity. I trust my insight. I see my wisdom.

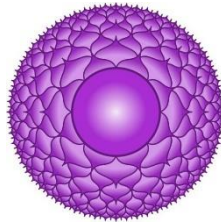
**Journal Prompts (5 Min)**

Day 16 - Do I trust my instincts and intuition? Explain this.

Day 17 - What happened the last time I trusted my intuition? How did it affect other areas of my life?

Day 18 - What happened the last time I did not trust my intuition?

Days 19-21



## 7<sup>th</sup> Chakra (Crown Chakra/Sahasrara)

**Location:** Top of head and beyond

**Primary Issues:** Union, Transcendence

**Goals:** To be spiritually connected

### Yoga (20 Min)

#### *Poses for the Crown Chakra*

Corpse

Child's Pose

Yoga Mudra

### Meditation (5 Min)

I allow my inner wisdom to guide me.

### Journal Prompts (5 Min)

Day 19 - Am I in control of my destiny? Explain.

Day 20 - Do I let go of issues and release them? Explain.

Day 21 - How can I better connect with others or with spirit?