**CHAKRA INTENSIVE HOMEWORK**

adapted from the work of Joseph and Lilian Le Page

*submit this homework assignment to Nya at* [*artofyoga300@gmail.com*](mailto:artofyoga300@gmail.com) *to receive 10 credits toward Art of Yoga: Therapeutic Essentials 300-Hour Teacher Training*

**Reflection Questions on Chakra Mapping**

This is an integration of the Chakra Mapping Exercise that we did in class. Journal about the following themes that were explored in the chakra mapping exercise:

1. Based on the Chakra Mapping Exercise, which of your chakras feel the most open? Which feel the most closed and constricted?
2. What are the main issues you are dealing with right now, and which chakras do they relate to?
3. What (if any) health challenges are you currently working with, and how do you relate them to the chakra system?
4. How did (or didn’t) the chakra mapping exercise increase your awareness of the chakras?

**Hasta Mudras: pp. 16 – 27 (Mudras for Transformation and Healing by Joseph and Lilian Le Page)**

Use the book Mudras for Transformation and Healing or the Hasta Mudra Sheet that was handed out in the Chakra Intensive.

*Begin by touching the little fingers together. Adjust the little fingers until they feel intuitively right and you begin to feel the flow of energy between them and through your body. Hold the mudra for 10 – 20 breaths. Notice where the breath focused in the body and what is the speed of the breath?*

Answer the following the questions:

1. Which chakra is the breath being focused into and what is your experience there?
2. Which physical system seems to be most activated by the mudra?
3. Which of the five elements – earth, water, fire, air or space – seems to be most activated?
4. What is occurring at the level of the mind or emotions?
5. Are there any spiritual experiences and how would you describe them?
6. Are there any images or symbols that arise as you practice this mudra?
7. Journal on your experience of the first Hasta Mudra based on the above explorations.
8. Then, go on with each of the fingers in turn, experiencing each mudra and journaling on your experience.

**Now that you have explored each of the Hasta Mudras individually, work with them as a family:**

1. Begin with the little fingers and hold each mudra for just three breaths and then move onto the next finger.
2. When you have reached the thumbs, move downward again until you reach the little fingers.
3. Finally, bring the hands into Hakini Mudra, where all the fingers are touching.
4. Draw a small body map and locate on it where you experienced the effects of each mudra.
5. Journal on your experience.