

A Sequence for balancing the Chakras

Muladhara	<i>Excessive</i>	Supta Baddha Konasana Salamba Savasana Salamba Balasana
	<i>Deficient</i>	Uttanasana Janu Sirsasana
Svadisthana	<i>Excessive and Deficient</i>	Gomukhasana Eka Pada Rajakapotasana Baddha Konasana Upavistha Konasana
	<i>Excessive</i>	Restorative, passive backbends
Manipura	<i>Deficient</i>	Suryanamaskar Navasana Urdhva Prasarita Padasana Warrior poses Twists
	<i>Excessive</i>	forward bends
Anahata	<i>Deficient</i>	need to open arms Gomukhasana arms Garudasana backbends
	<i>Excessive</i>	Sarvangasana Halasana
Vishuddha	<i>Deficient</i>	Matsyāsana Purvottanasana
	<i>Excessive</i>	creating positive images and visualizations
Ajna	<i>Deficient</i>	supported forward bends
	<i>Excessive and Deficient</i>	Meditation