



From Root To Crown

Creating a Yoga Practice Using the Chakra System as a Guide

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IMBALANCE

Each page will give examples of what it looks like for that particular chakra to be out of balance – noted as “imbalance”. It is broken down into **PHYSICAL** and **EMOTIONAL** imbalances. “Physical” refers to a more external or visible disease of the body – even if the ailment is internal. “Emotional” speaks to the diseases of the spirit. This is not meant to be an exclusive or all inclusive list of diseases but rather an example of the types of diseases that may be experienced.

The organ of the body being highlighted will appear enlarged to provide a more detailed view of that organ.

This organ can be seen within the larger view of the body and surrounding organs under the **MERIDIAN** heading.

[DISCLAIMER]

All of the information found here is based on my understanding and research of yoga, chakras, and energy medicine. This is not meant to be a holistic or all-inclusive manual but a first-step of sorts, a brief introduction. Please continue your own research and experimentation as your interest and experience guides you. If you or your clients have specific medical concerns, or are pregnant, please work with a qualified practitioner to meet your needs.

The meridian points shown are approximations. Experience will be your best guide in finding these points.

MERIDIAN

Meridian lines are “energy pathways that ‘connect the dots’, hundreds of tiny reservoirs of heat, electromagnetism, and more subtle energies along the surface of the skin...known in Chinese medicine as acupuncture points”.

Energy Medicine by Donna Eden

These lines are noted on each page by a series of yellow dots and a line connecting those dots. You will find a starting point [1] as well as an ending point. This is the path the energy travels within the body. It is said that contraction and extension of these lines releases trapped or stored energy and redistributes it throughout the body.

In addition to the meridian line, a specific chakra will be illuminated according to the organ being highlighted.

In yoga, each chakra represents an energetic sphere of energy set deep within the body, generally understood to run from the base of the spine to the crown of the head. The goal is to balance the chakras allowing prana to run unobstructed. When one chakra is out of balance it creates excess and deficiency in other parts of the system. We find balance through asana, pranayama, meditation, visualization, mudras, mantra and seeing the entire system as a whole.

ASANAS

Asanas that relate to each organ, chakra, and meridian system will appear under the **ASANAS** column on each page. These asanas were specifically chosen as examples of poses that will contract or elongate the meridian line, open or compress the organ, and work to balance that particular chakra. Note that some asanas are shown using props such as blankets, blocks, chairs, and bolsters. Any of the asanas shown can be modified with props.

In many cases, asanas can be used within the greater scheme of the chakra system. For instance, an asana found on the liver page could also be used in a sequence focused on the intestines as they are both part of the manipura or solar plexus chakra.

The color of each page relates to the traditional yogic understanding of the color of the chakras. This is different than the Western use of the rainbow-like colors. For example, the manipura or solar plexus chakra includes a red upright triangle and is thus represented here as red.

A symbol representing that particular chakra can be found on the lower right hand corner of each page. Please understand that these symbols have multiple variations and only one of these variations was chosen for this particular manual.

You will see an **F** by a number of specific asanas throughout this manual. This symbol denotes an asana generally understood as fundamental and is best practiced regularly, even daily. These asanas are also used as preparatory poses within a sequence.





sahasrara or crown

"thousand spokes; thousand petaled"



AREA OF BODY: just above the top of the or crown of head
RELATES TO: pineal gland, cerebral cortex, brain, skin, whole body
BASIC ISSUES: awareness, knowledge, beliefs, consciousness, spirituality, understanding, transcendence, bliss, truth, reality, spiritual power, belief that life has order, feeling connected to spiritual
ELEMENT: not applicable to this chakra
SENSE: not applicable
COLOR: clear
INTENTION IN ASANA PRACTICE: merging of self with universe, enlightenment, devotion

SOUND: long om / hnnng / silence



ajna or third-eye

"to perceive; all knowing"



AREA OF BODY: set back deep into the center of the skull behind the brow area
RELATES TO: brain, eyes, ears, pituitary gland, base of skull, face, nose, sinuses, central nervous system
BASIC ISSUES: intuition, imagination, discernment, wisdom, insight, dreams, vision, color, clairvoyance
ELEMENT: light
SENSE: intelligence
COLOR: white
INTENTION IN ASANA PRACTICE: balance central nervous system, cultivate sense of intuition and inner wisdom

SOUND: sham or short om [energizing] / Mmm [calming]



vishuddha or throat

"extraordinarily pure"



AREA OF BODY: throat area down to the base of the neck
RELATES TO: cervical spine, thyroid gland, throat/voice, neck, jaw, ears, esophagus, arms, nose, teeth, upper lungs, trachea
BASIC ISSUES: communication, express/verbalize thoughts and emotions, truth, resonance, ability to speak clearly
ELEMENT: ether/space
SENSE: hearing
COLOR: gold
INTENTION IN ASANA PRACTICE: open shoulders and release neck and jaw, breath, build confidence and faith in self

SOUND: ham [energizing] / long E [calming]



anahata or heart

"unstruck; that which cannot be destroyed"



AREA OF BODY: base of sternum, heart area/center of chest
RELATES TO: thoracic spine, heart, lungs, arms and hands, thymus gland, upper back, blood/circulation, skin, immune system
BASIC ISSUES: love, devotion, connection, openness, compassion, balance, self-acceptance, forgiveness
ELEMENT: air
SENSE: touch
INTENTION IN ASANA PRACTICE: tone and open front body/chest/shoulders/upper back, cultivate compassion and balance

SOUND: smoky gray
SOUND: yam [energizing] / long A [calming]



manipura or solar plexus

"filled with jewels; the city of many gems"



AREA OF BODY: digestive area, expands from approximately two finger widths above and below navel
RELATES TO: lumbar spine, digestive system, intestines, liver, pancreas, adrenal glands, spleen, gall bladder, abdomen
BASIC ISSUES: power, will, self-esteem, digestion, adaptability, transformation, vitality, purpose, authority
ELEMENT: fire
SENSE: sight, vision
COLOR: red
INTENTION IN ASANA PRACTICE: heat, fire, strength, purification, courage

SOUND: ram [energizing] / ah [calming]



svadhishthana or sacral

"sweetness; self-sustaining"



AREA OF BODY: low belly just above pubic bone; between navel and genitals
RELATES TO: sacrum, ovaries and testes, bladder, kidneys, circulatory and lymph, reproductive organs and fluid, pelvis, womb
BASIC ISSUES: reproduction, creation/creativity, relationship, play, pleasure
ELEMENT: water
SENSE: taste
COLOR: light blue
INTENTION IN ASANA PRACTICE: fluidity, improve circulation, restorative, soft front body/strong back body, open hips

SOUND: vam [energizing] / long U [calming]



muladhara or root

"root support"



AREA OF BODY: base of the spine [tip of coccyx] near the cervix or perineum between the genitals and anus
RELATES TO: feet, legs, ankles, hips, knees, anus/colon/rectum, prostate gland; solid body parts: spine, bone, teeth, nails
BASIC ISSUES: grounding, survival, finances, family, physical health, trust, safety, security, stability
ELEMENT: earth
SENSE: smell
COLOR: yellow
INTENTION IN ASANA PRACTICE: grounding, downward movement, restorative, build stability/security/trust/peace

SOUND: lam [energizing] / long O [calming]

CHAKRAS: AN INTRODUCTION

IMBALANCE

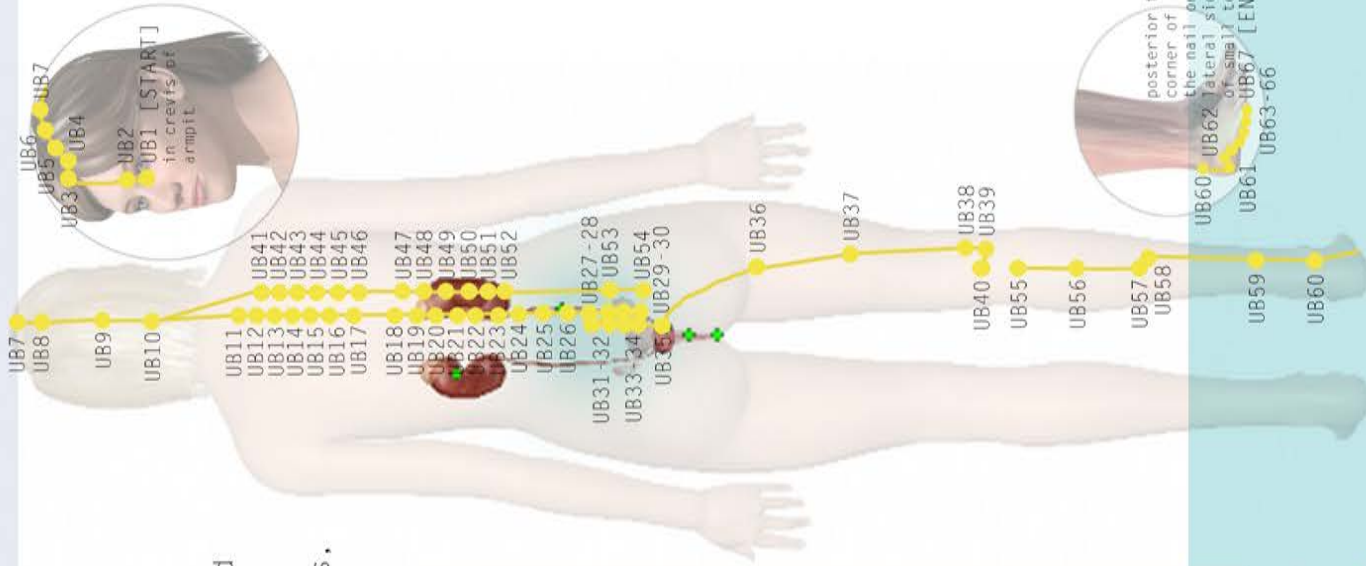
PHYSICAL: sexual difficulties such as impotence/frigidity, kidney or bladder problems, low back pain, fibroids, ovarian cysts, prostrate problems, infertility

EMOTIONAL: poor boundaries, inhibited or inappropriate sexual expression, excessive fantasies, coldness, coarse sexuality, emotional paralysis, acting as if an isolated martyr, mistrust, pessimism, guilt, addiction



BLADDER

MERIDIAN



ASANAS

A grid of 18 yoga asana illustrations, each with its name in Russian and English. The asanas are arranged in three rows and six columns:

- Row 1:
 - Adho-Mukha-Svayambhuja (Adho-Mukha-Svayambhuja)
 - Gatitrasana (Gatitrasana)
 - Vadha-Konasana (Vadha-Konasana)
 - Urdhva-Mukha-Svayambhuja (Urdhva-Mukha-Svayambhuja)
 - Parivrtta-Trikonasana (Parivrtta-Trikonasana)
 - Parivrtta-Urdhva-Dhanurasana (Parivrtta-Urdhva-Dhanurasana)
- Row 2:
 - Matsya (Matsya)
 - Parsva-Padmasana (Parsva-Padmasana)
 - Supta-Padmasana and Hasta-Padmasana (Supta-Padmasana and Hasta-Padmasana)
 - Parsva (Parsva)
 - Salamba-Sarvangasana and Eka Pada Variation (Salamba-Sarvangasana and Eka Pada Variation)
 - Setu-Bandha-Sarvangasana (Setu-Bandha-Sarvangasana)
- Row 3:
 - Sirsasana (Sirsasana)
 - Parivrtta-Sarvangasana I (Parivrtta-Sarvangasana I)
 - Salabhasana (Salabhasana)
 - Urdhva-Hasta-Virasana (Urdhva-Hasta Virasana)
 - Trianga-Mukha-Bharangasana (Trianga-Mukha-Bharangasana)
 - Urdhva-Urdhva-Dhanurasana (Urdhva-Urdhva-Dhanurasana)

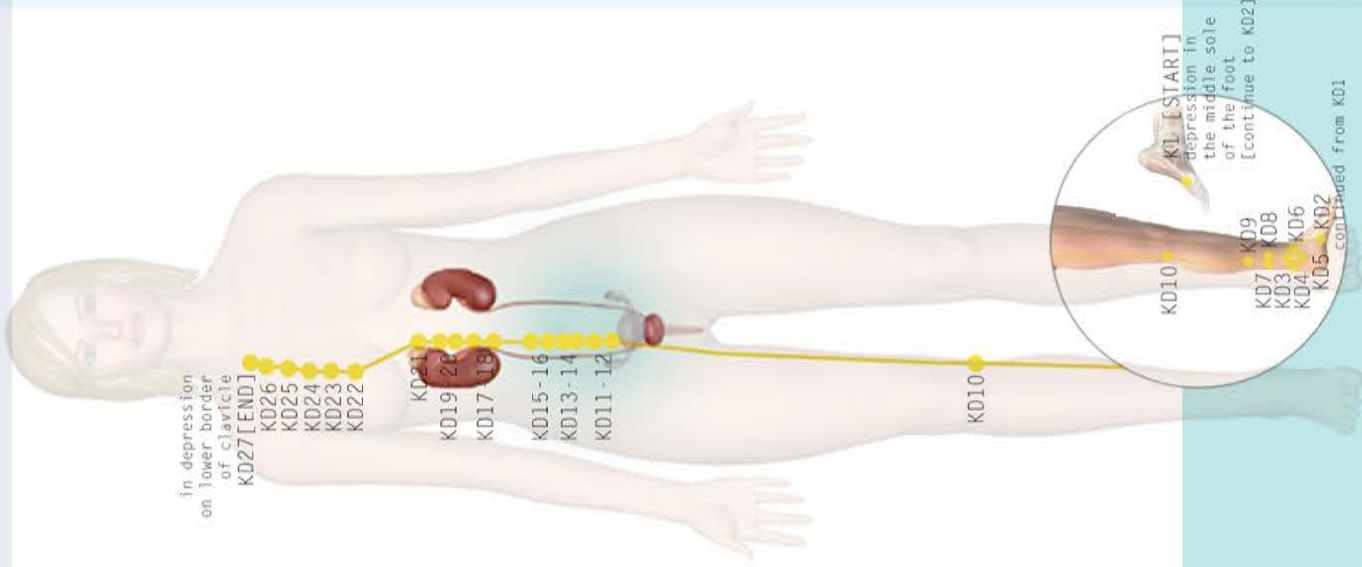
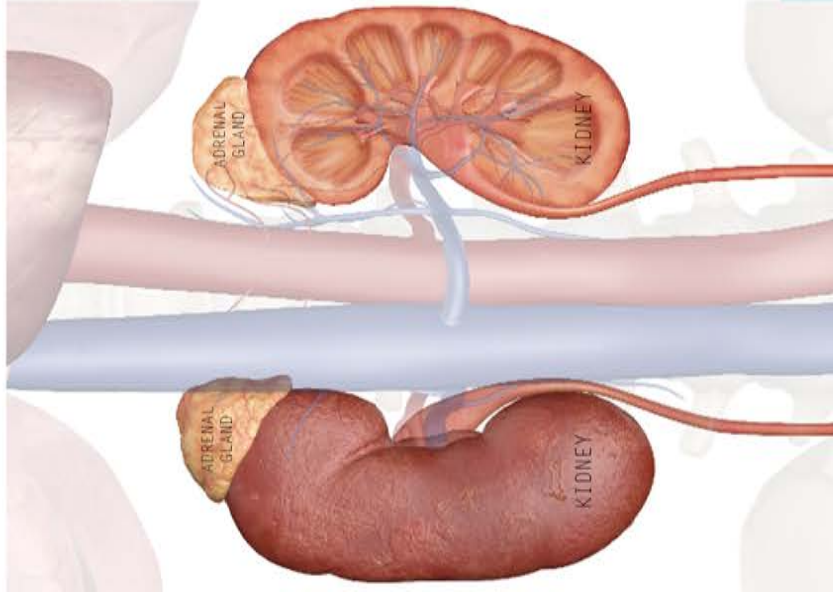
IMBALANCE

MERIDIAN

ASANAS

PHYSICAL: sexual difficulties such as impotence/frigidity, kidney or bladder problems, low back pain, fibroids, ovarian cysts, prostrate problems, infertility

EMOTIONAL: poor boundaries, inhibited or inappropriate sexual expression, excessive fantasies, coldness, coarse sexuality, emotional paralysis, acting as if an isolated martyr, mistrust, pessimism, guilt, addiction



Анатасана



Ардха Бададла Падама
Пасчимоттасана



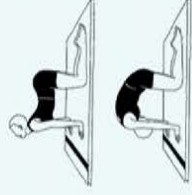
Ардха Сандрасана II ^F



Бжукасана



Бжуангбжуасана



Сактарajasана



Гарудасана



Париврита Ардха
Сандрасана II



Прасрита Падоttанасана ^F



^F Tadasana and
Ardha Chandrasana I



Навасана



^F Supta Padangusthasana ^F



^F Trikonasana ^F



Устрасана

^F Salamba Sarvangasana

KIDNEYS



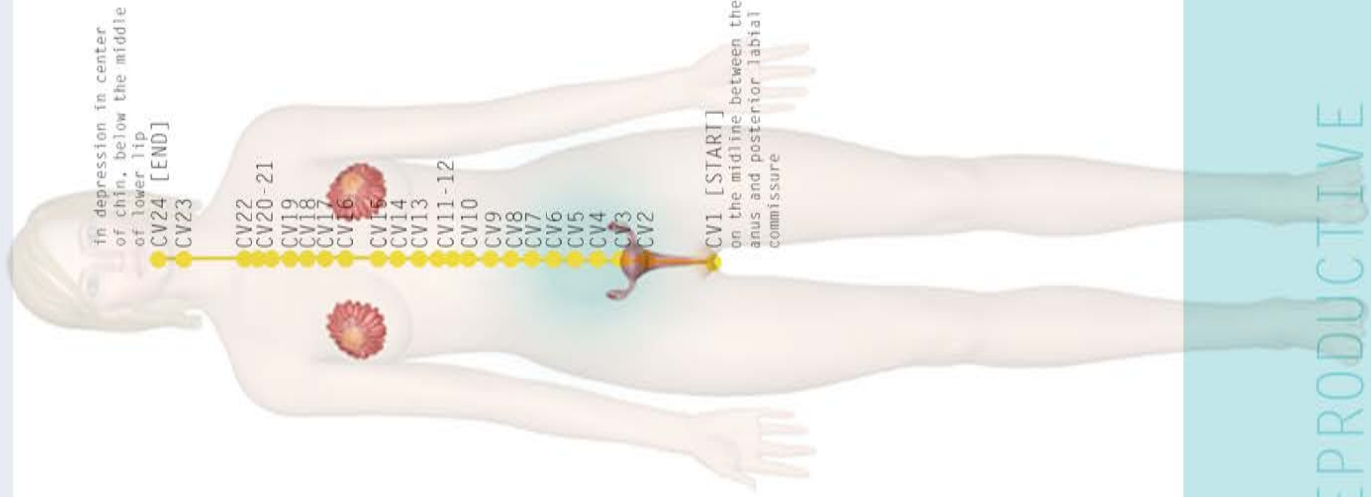
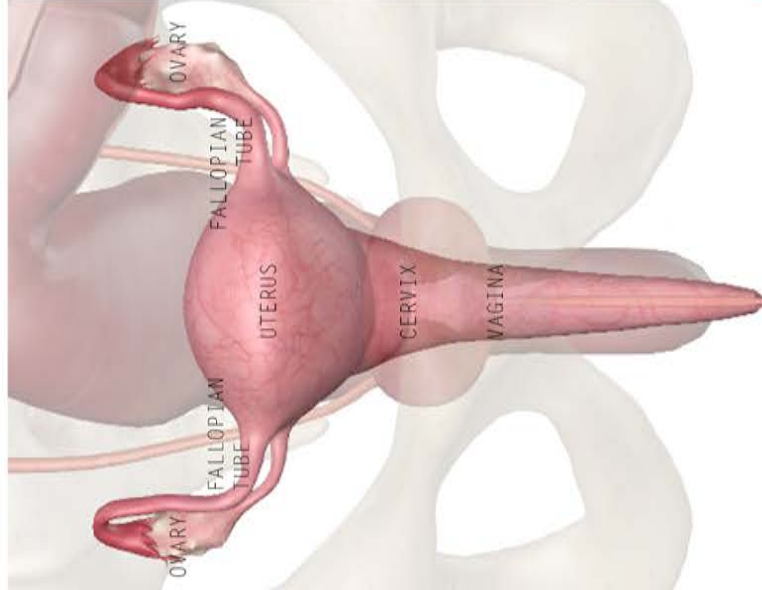
SVADISTHANA CHAKRA

IMBALANCE

MERIDIAN

PHYSICAL: constipation, diarrhea, hemorrhoids, tremor, foot problems, fatigue, weakened immune system, sciatica, anorexia, obesity, addictions to food/shopping/work/etc

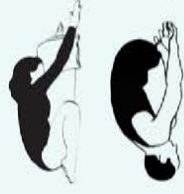
EMOTIONAL: fear, mistrust, jumpy, inconsistent, undependable, extreme emotions, issues with money and possessions, hoarding and greed, obsession with dirt and germs, excessive risk taking, monotony, instability



ASANAS



Ваджая Конасана



Буджасана



Матасана



Јану Сирсасана



Панурукта Субдасана



Пасчимотдасана



Панурукта Радотдасана



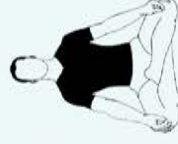
Панурукта



Сарвасана



Салабдасана



Сидддасана



Супта Вирасана



Уттанасана



Утдана Мулда Свендасана



Випарита Карани



Випарита Карани II

FEMALE

REPRODUCTIVE

SVADISTHANA CHAKRA



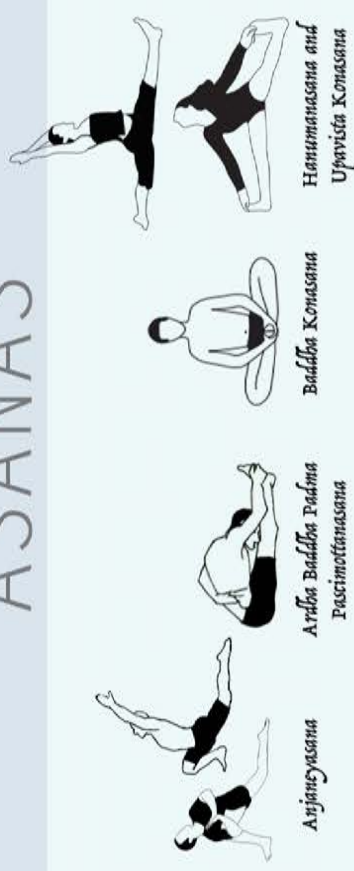
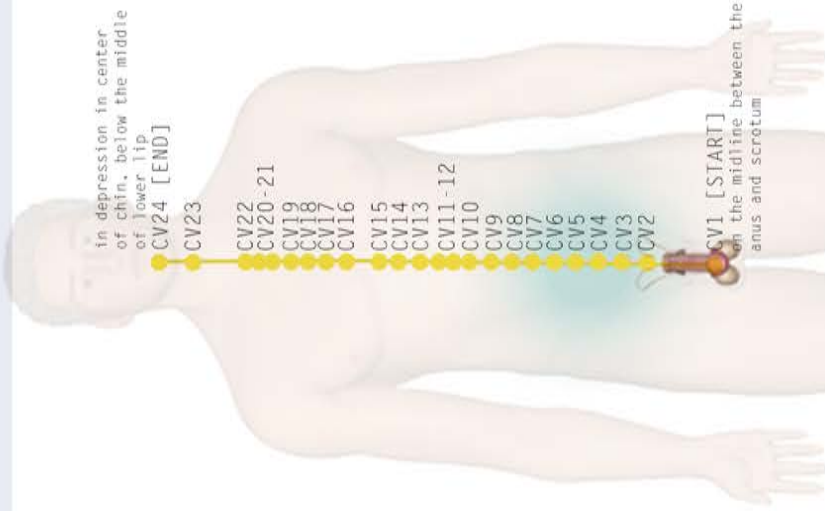
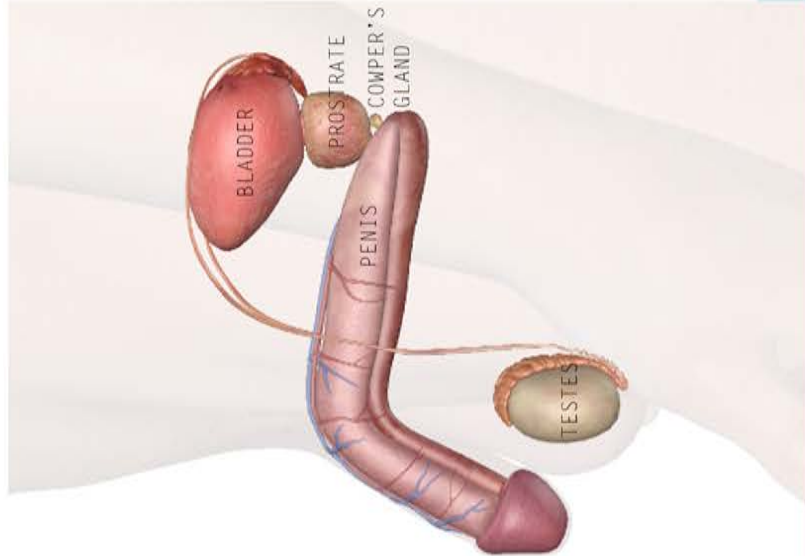
IMBALANCE

MERIDIAN

ASANAS

PHYSICAL: constipation, diarrhea, hemorrhoids, tremor, foot problems, fatigue, weakened immune system, sciatica, anorexia, obesity, addictions to food/shopping/work/etc

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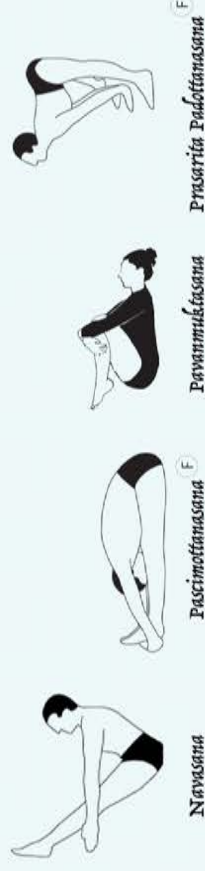


Анjanеyasana

Ардha Vaddha Padma Paschimatasana

Vaddha Konasana

Нантамасана and Urdhva Konasana

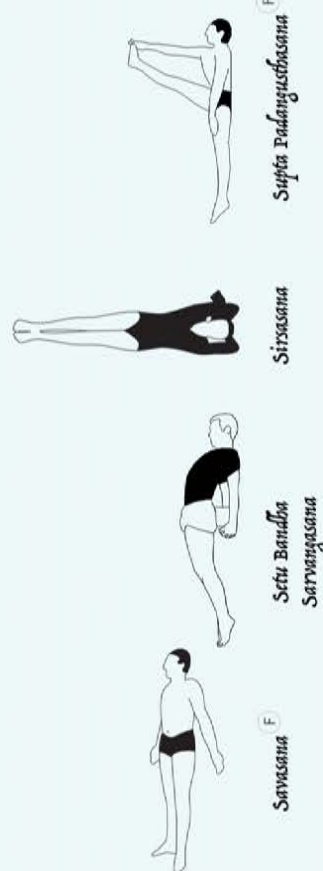


Нивahasana

Расчиматасана

Раванмуктасана

Prasarita Padmatasana



Савасана

Setu Bandha Sarvangasana

Sirsasana

Supra Padangusthasana



Трибханасана

Урдхва Дханурасана

Viparita Karani

Virabhadrasana II

MALE REPRODUCTIVE

SVADISTHANA CHAKRA

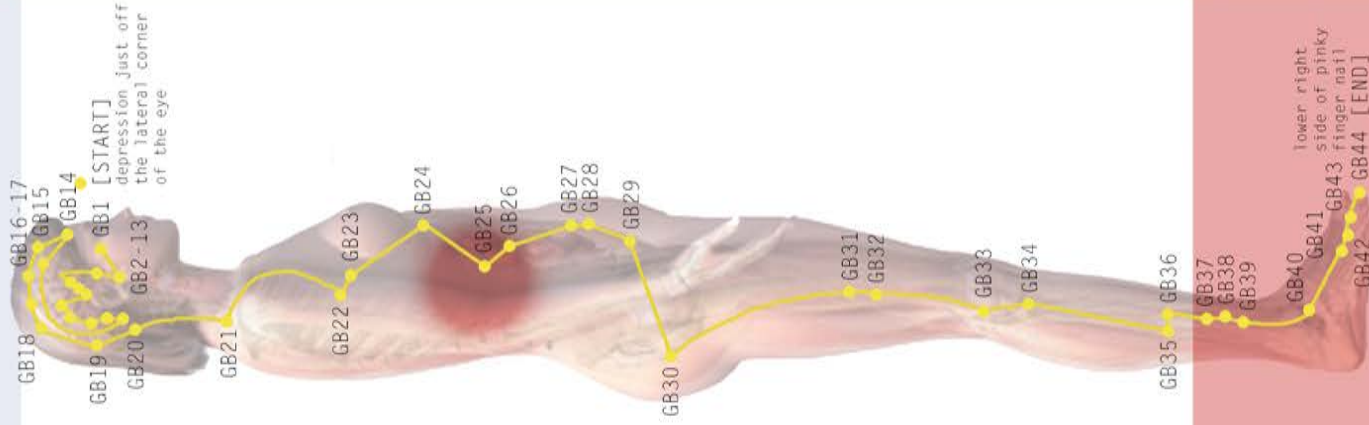
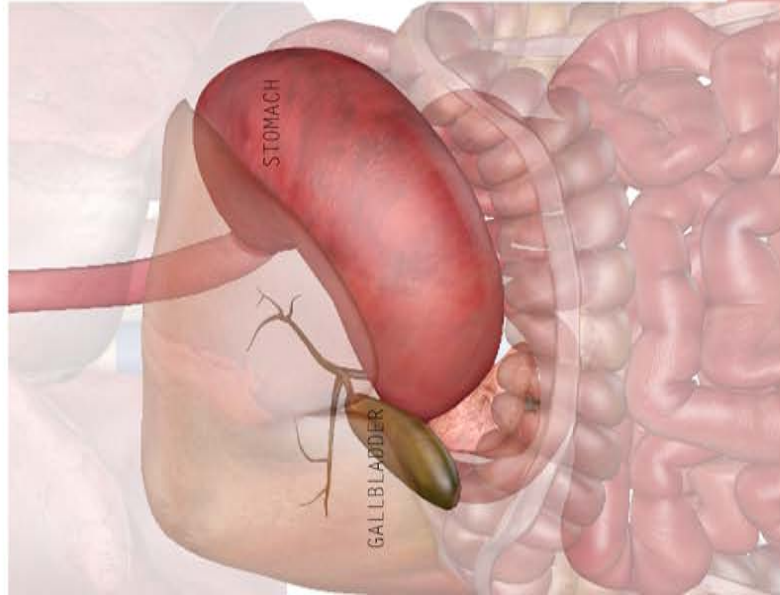


IMBALANCE

MERIDIAN

PHYSICAL: digestive problems, eating disorders, excessive eating, abdominal distension, diarrhoea, vomiting, nosebleed, blood in stool or urine or vomit, diabetes

EMOTIONAL: low self-esteem, victim mentality, perfectionism, unadaptable, dominant/bully, aggressive/blaming, pushy, unassertive, passivity, fear, meek, discouraged, lacking inner fire and enthusiasm, insecure, sighing, scattered, insomnia or excessive dreaming, shame



ASANAS

Арбха Матсєндрасана	Арбха Навасана	Двї Падє Viparita Dandasana	Халасана and Камбхасана
Јамбхата Парїврттанхасана	Матсєнасана	Парївртта Парсвкoнасана	Парївртта Трїкoнасана
Арбха Халасана	Парсвкoнасана	Прасарїта Падoттанасана	Сету Бандха Сарвангасана
Трї-под Headstand	Урдхва Прасарїта Падасана	Укатасана and Парївртта Укатасана	Васїшхасана



MANIPURA CHAKRA

GALLBLADDER

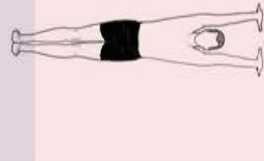
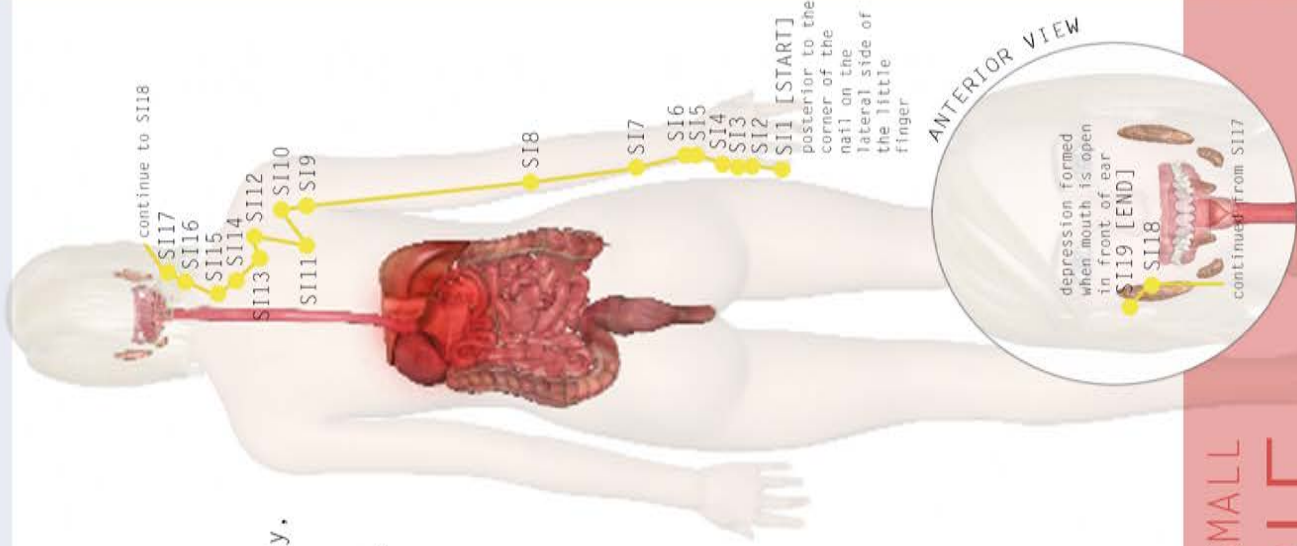
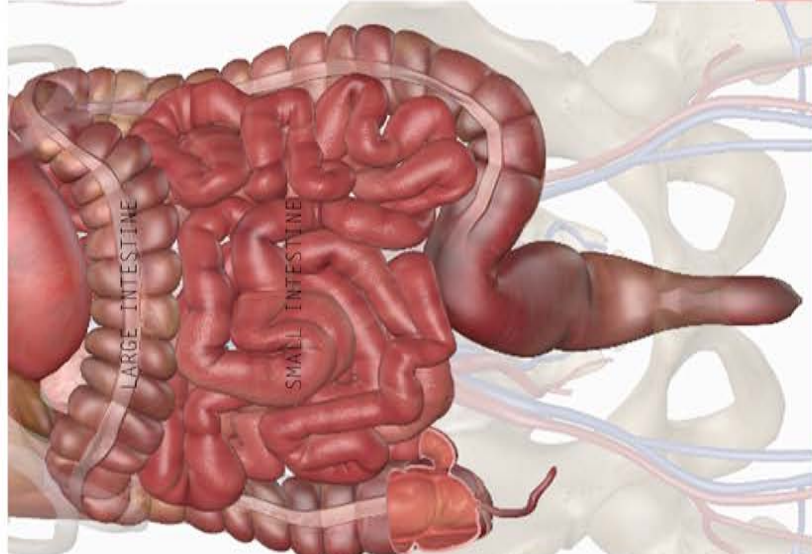
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Adho Mukha Vrksasana and "L" Vrksasana using wall



Anjaneyasana



Ardha Matsyendrasana



Bhujanghasana



Garudasana



Bhujanghasana



Parivrtta Ardha Chandrasana II



Gomukhasana



Parivrtta Subhasana



Parsva Bakasana



Parsva Halasana



Parivrtta Bakasana



Supta Badha Konasana and Supta Virasana



Salamba Balasana



Urdhva Prasarita Padangasana



Vasisthasana

SMALL INTESTINE

MANIPURA CHAKRA



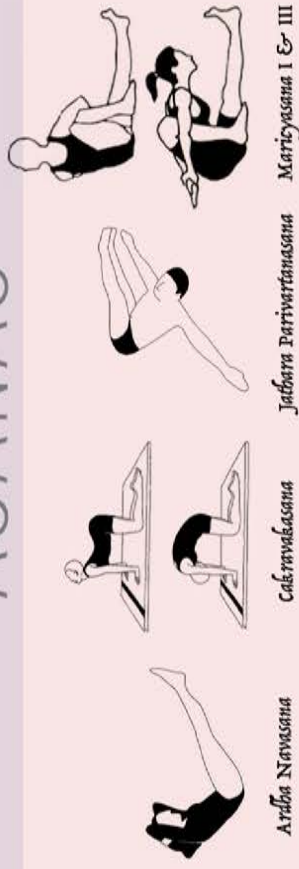
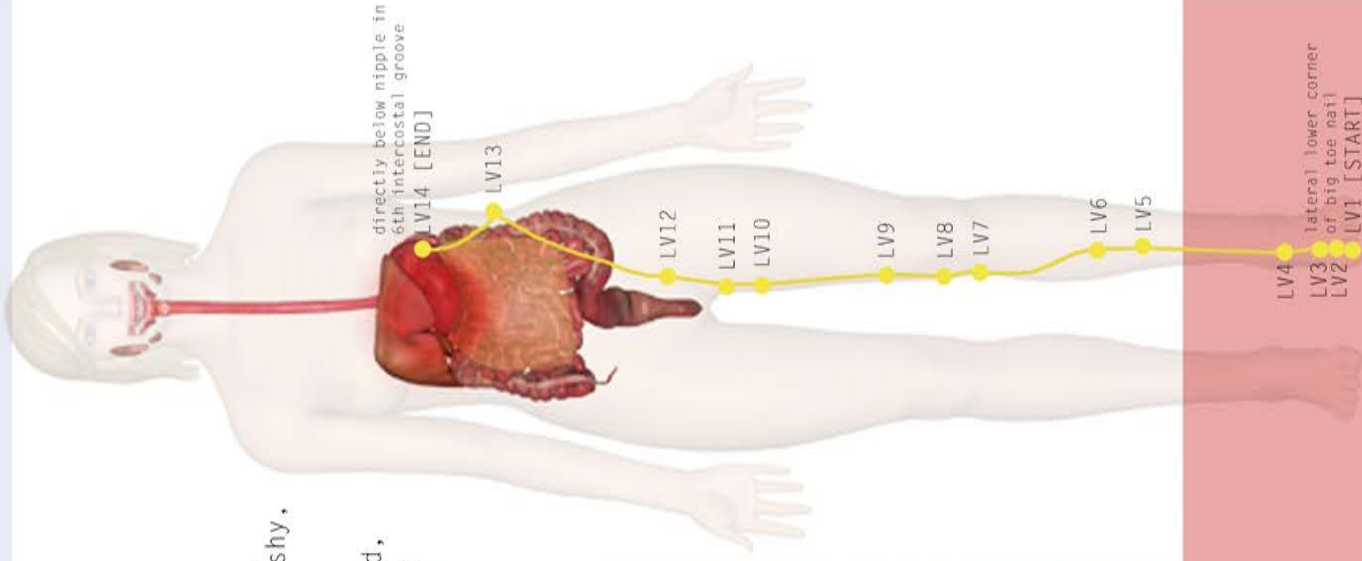
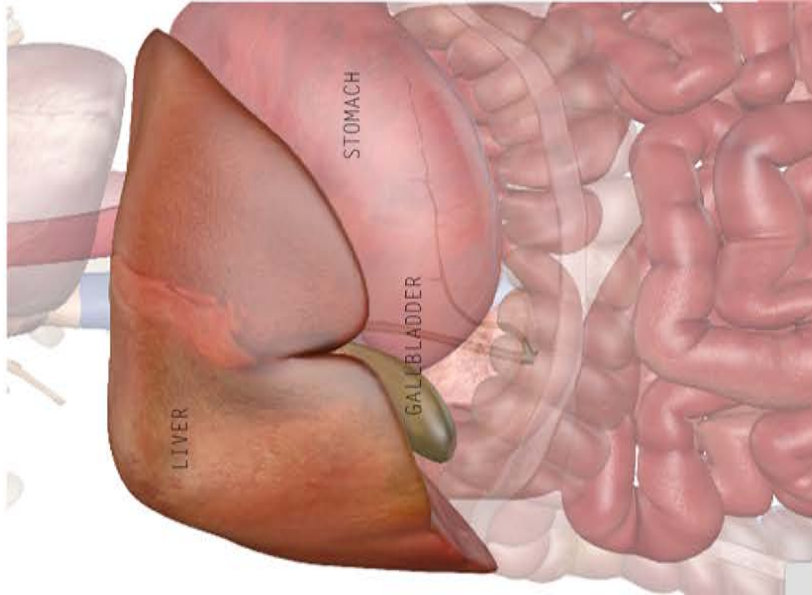
IMBALANCE

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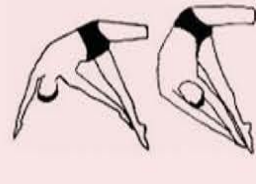


Ardha Navasana

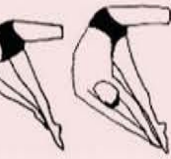
Satvira Babasana

Jabhita Parivrttasana

Matruasana I & III



Parivrttasana



Parsva Babasana



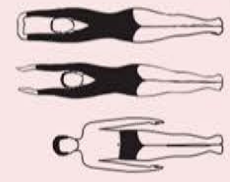
Parsva Navasana



Salamba Sarvangasana



Sirsasana



Uttadasana/Urdhva Hastasana I
Urdhva Hastasana I



Setu Bandha Sarvangasana



Ushatasana and Parivrtta Ushatasana



Uprvishita Konasana and Parsva Uprvishita Konasana



Uttanasana



Vasisthasana

LIVER

MANIPURA CHAKRA



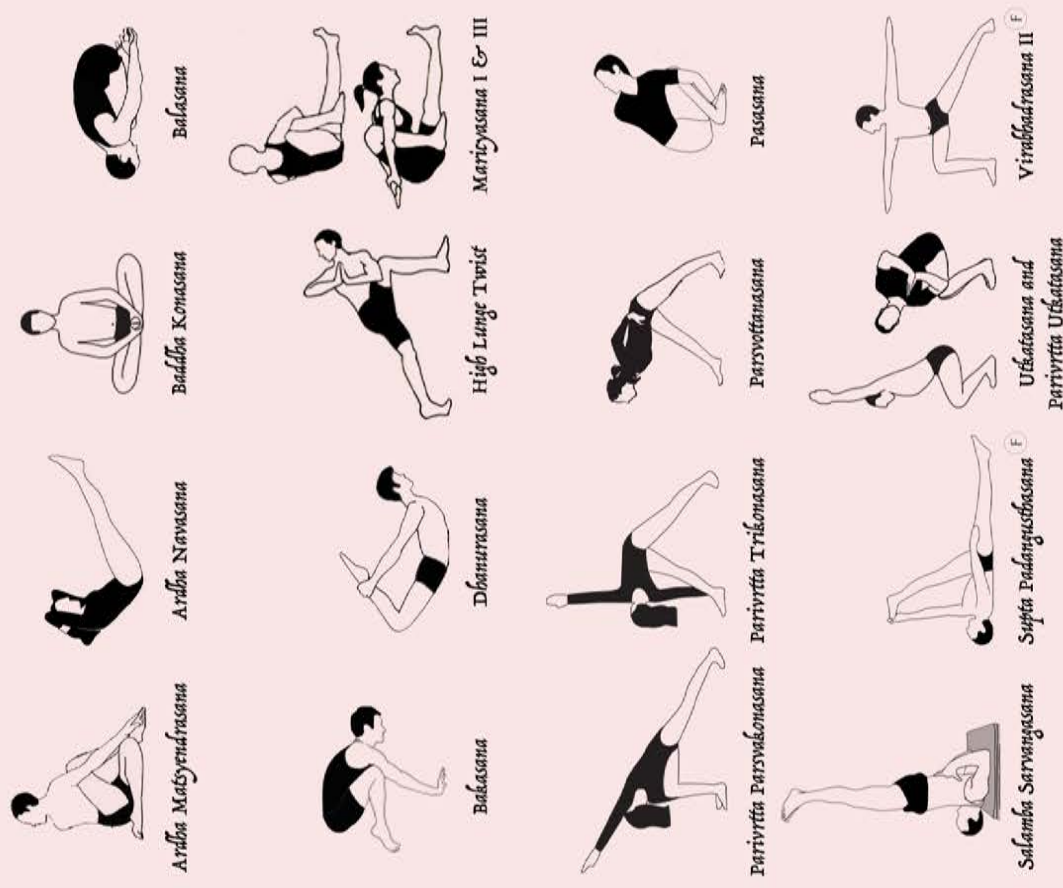
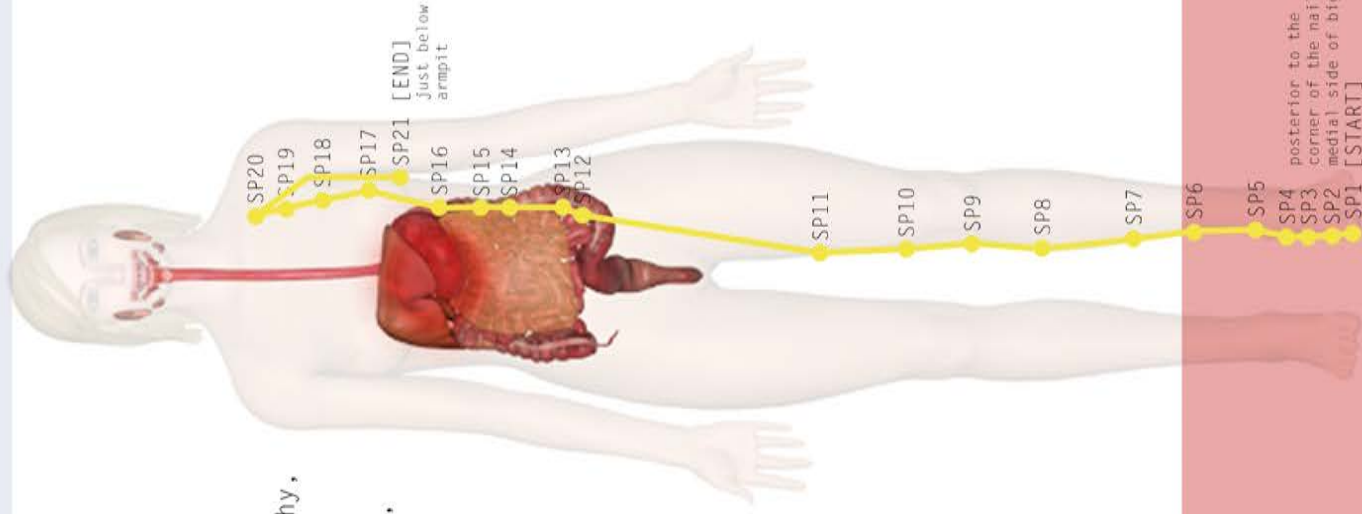
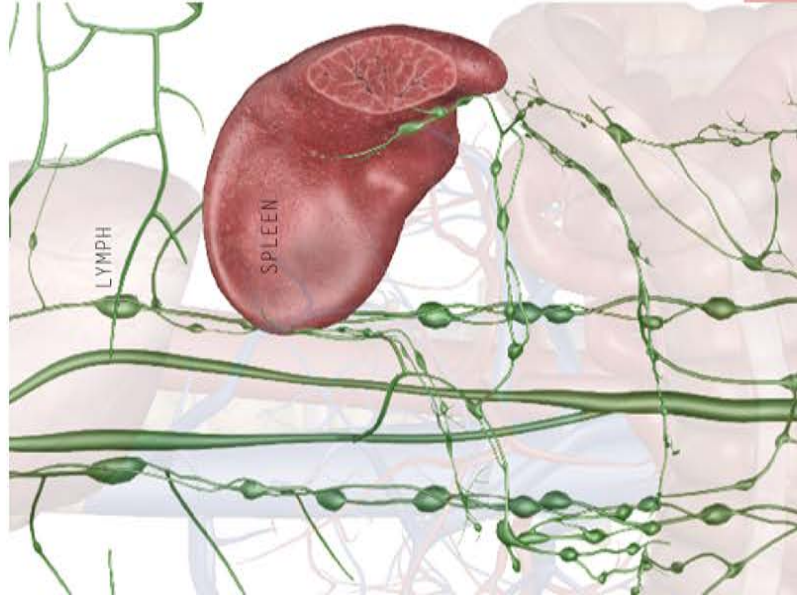
IMBALANCE

MERIDIAN

ASANAS

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SPLEEN

SP4 posterior to the corner of the nail on medial side of big toe
SP1 [START]



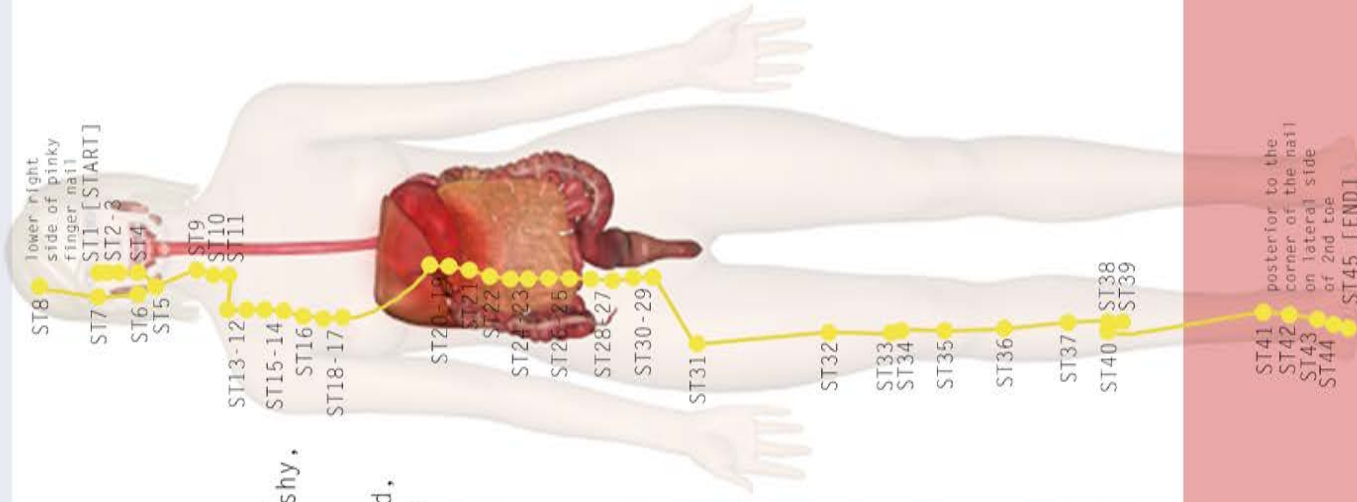
MANIPURA CHAKRA

IMBALANCE

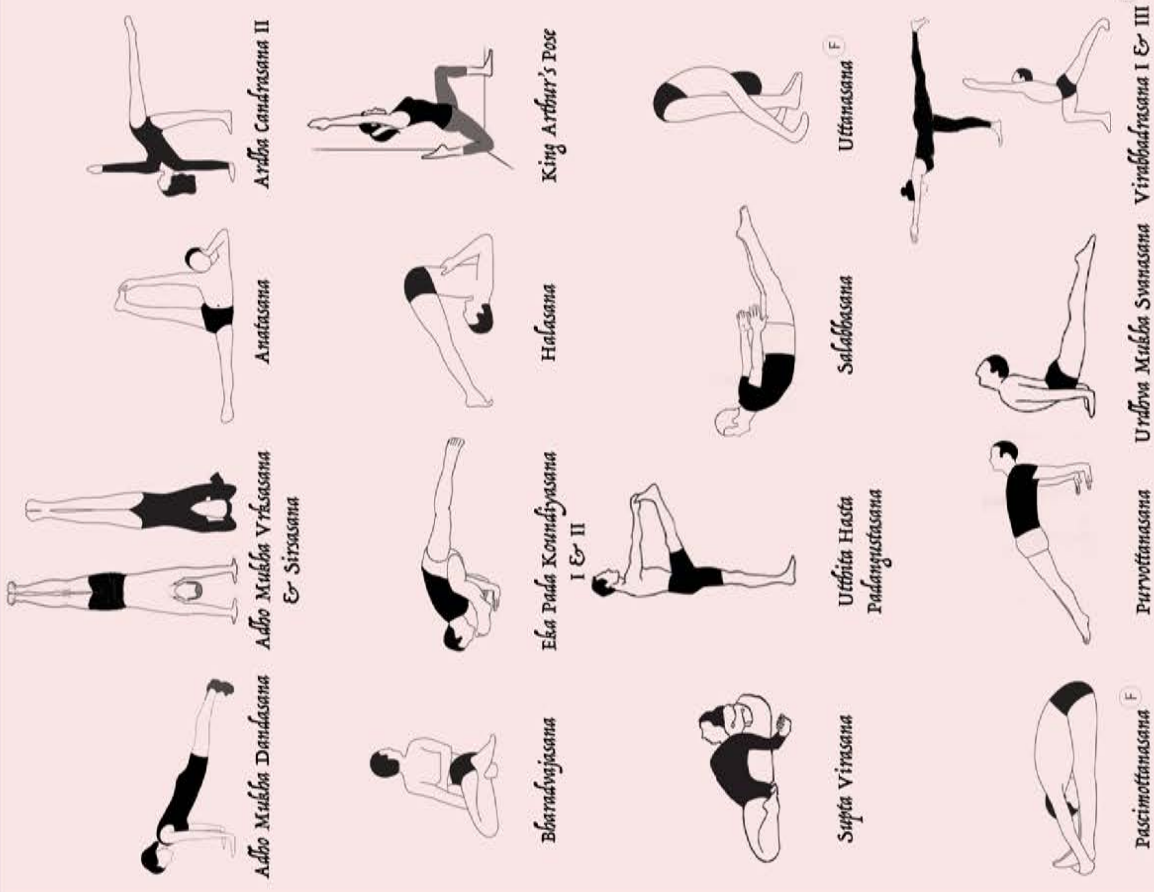
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ASANAS



MANIPURA CHAKRA

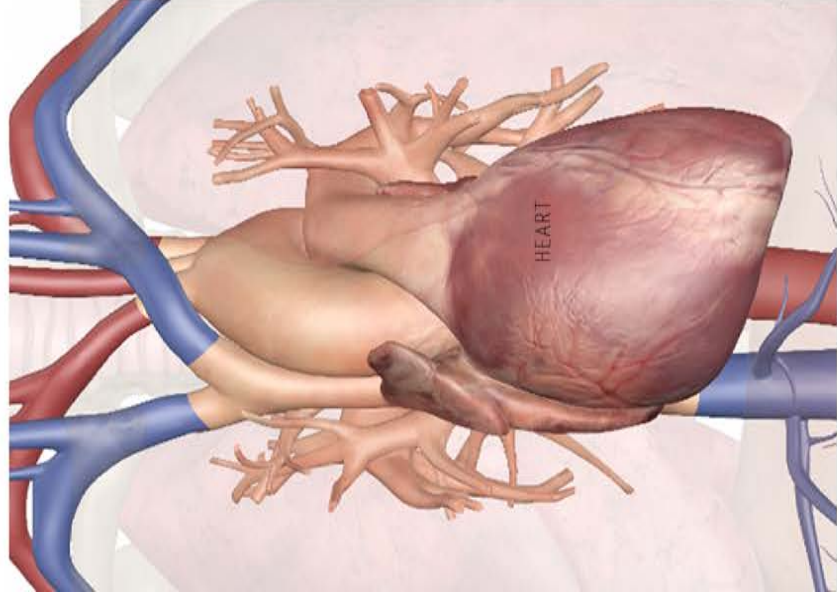
IMBALANCE

MERIDIAN

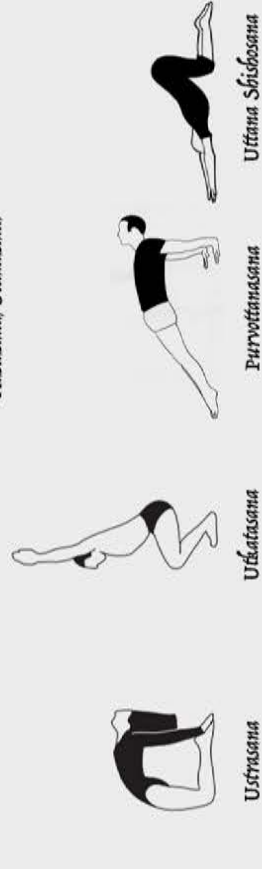
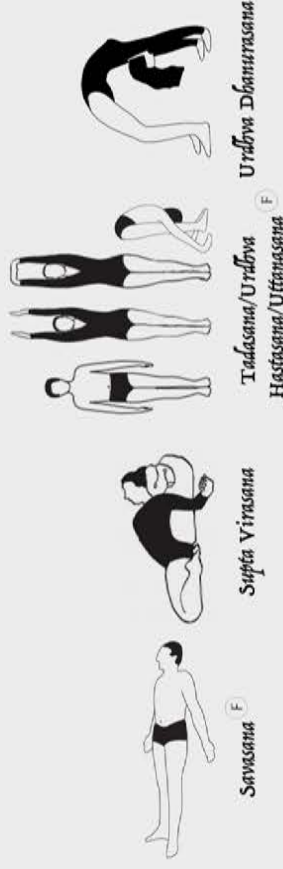
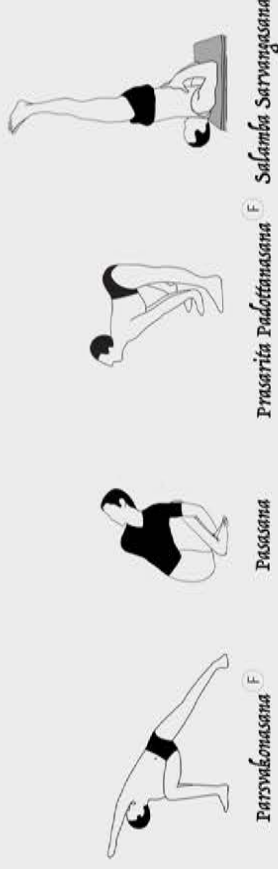
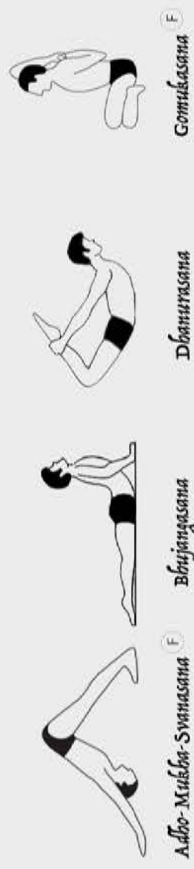
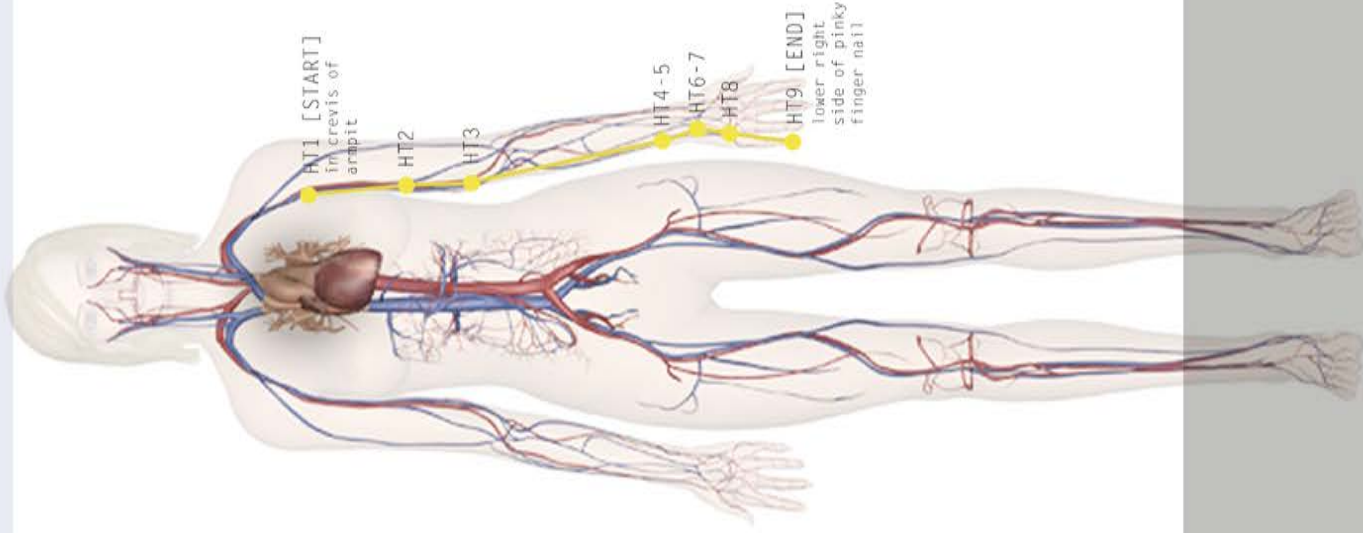
ASANAS

PHYSICAL: disorders of the heart/lungs/thymus/breasts/arms, sunken chest, shortness of breath, immune system deficiency, circulation problems

EMOTIONAL: grief, outbursts, anxiety, nervousness, insecurity, impatience, anger, overly critical, withdrawn, poor boundaries, possessive, jealous, overly friendly/generous, loneliness, fanaticism, codependency



HEART



ANAHATA CHAKRA

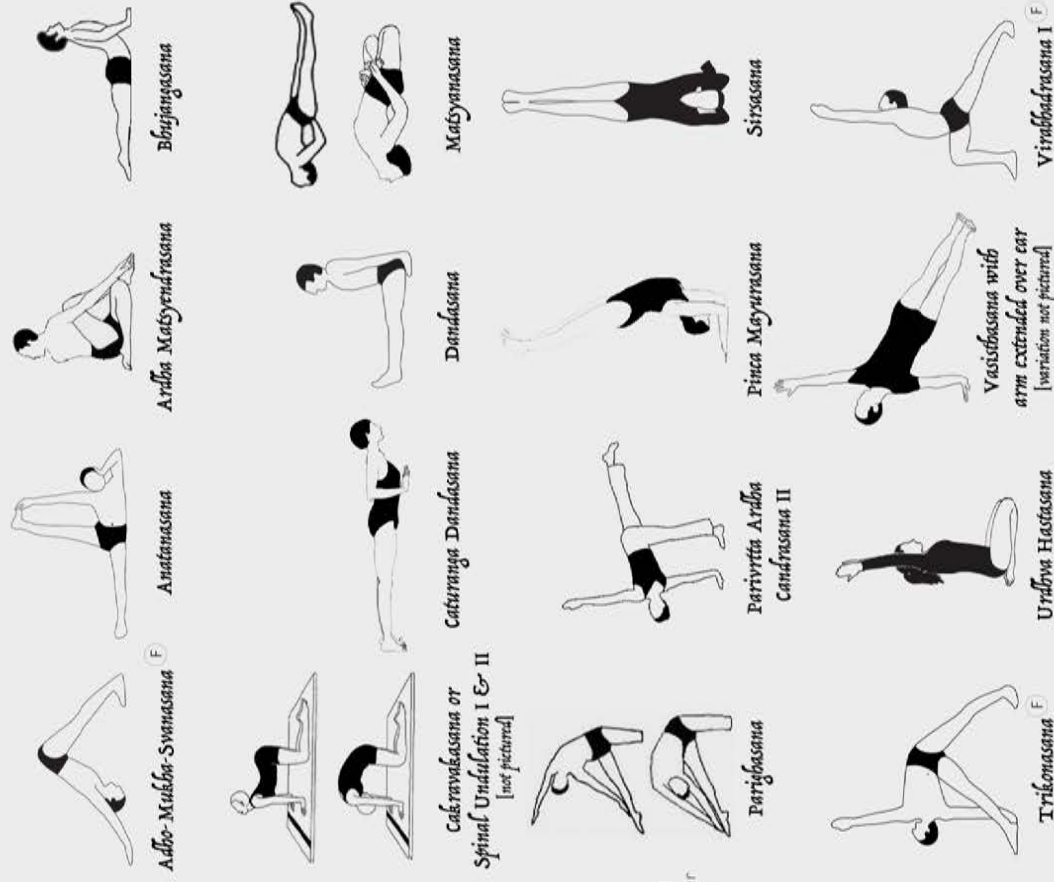
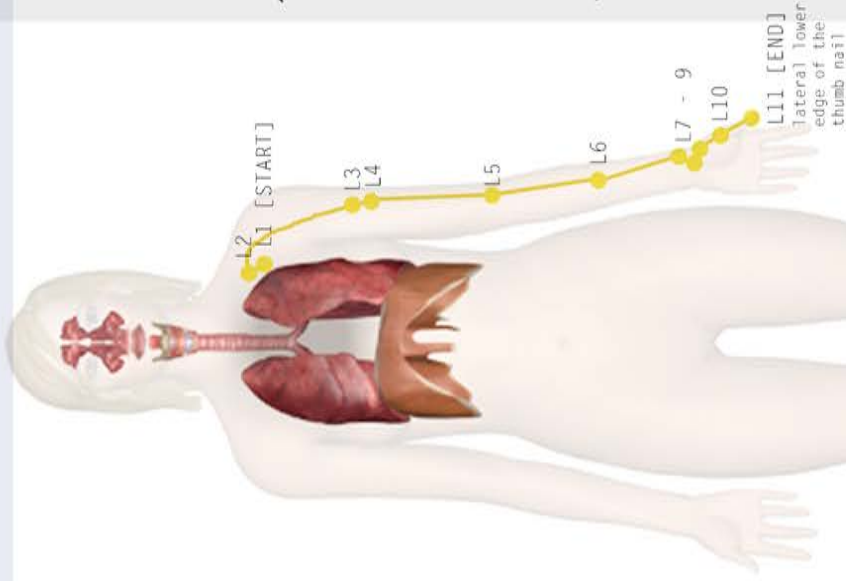
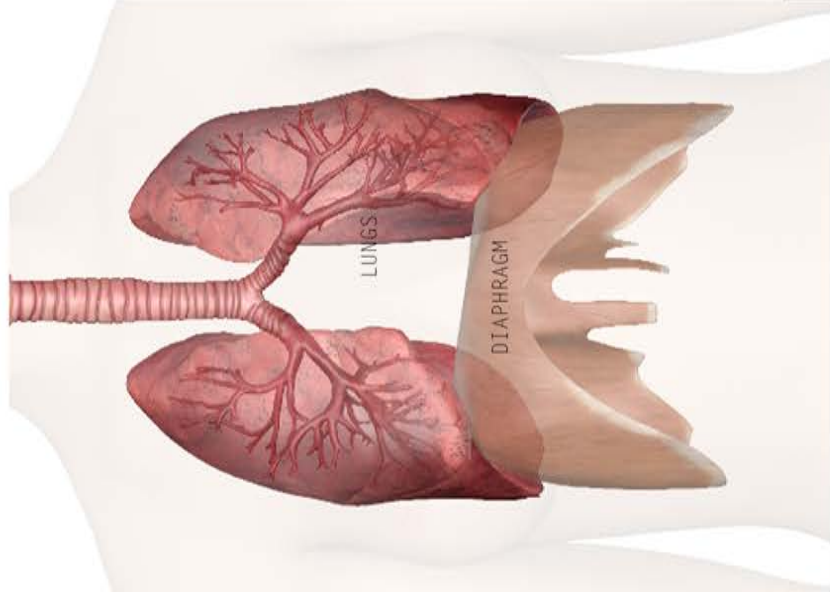
IMBALANCE

MERIDIAN

ASANAS

PHYSICAL: disorders of the heart/lungs/thymus/breasts/arms, sunken chest, shortness of breath, immune system deficiency, circulation problems

EMOTIONAL: grief, outbursts, anxiety, insecurity, impatience, anger, overly critical, withdrawn, poor boundaries, possessive, jealous, overly friendly/generous, loneliness



ANAHATA CHAKRA

LUNGS WITH DIAPHRAGM

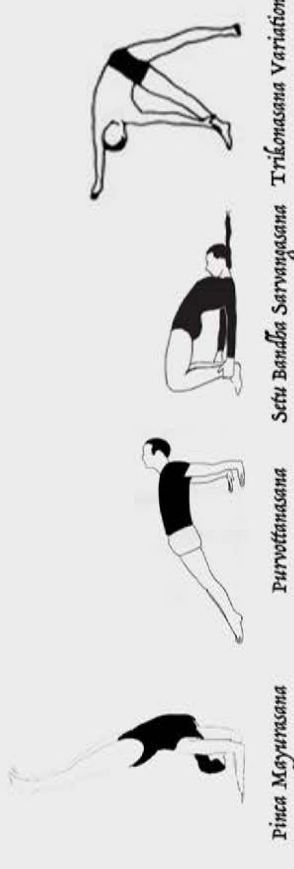
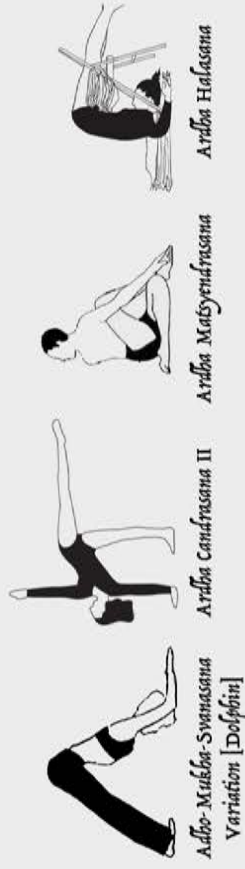
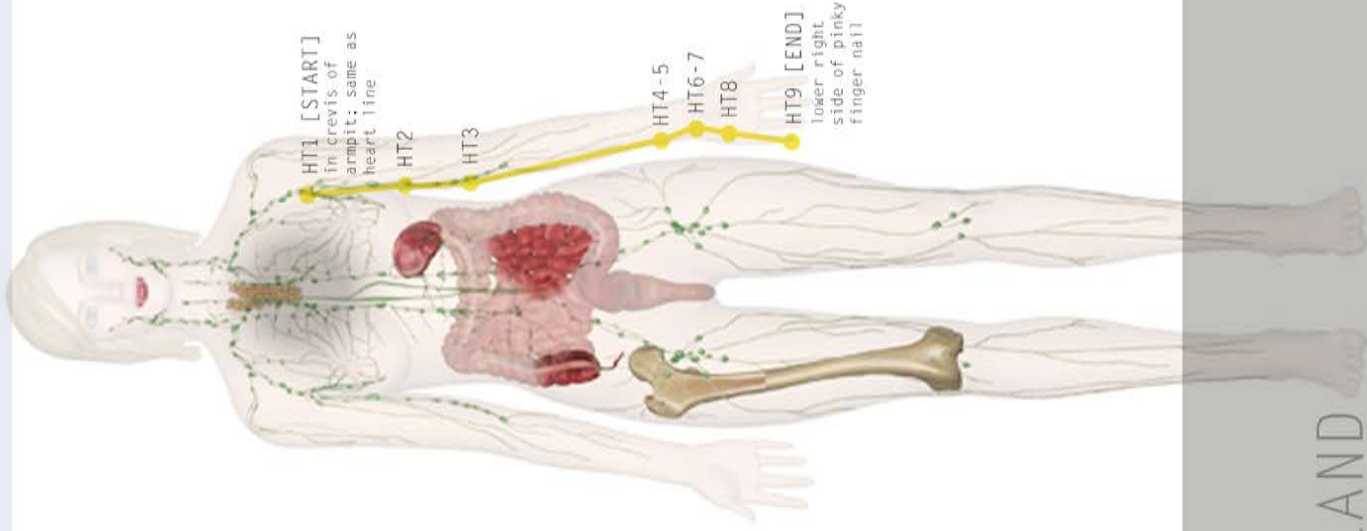
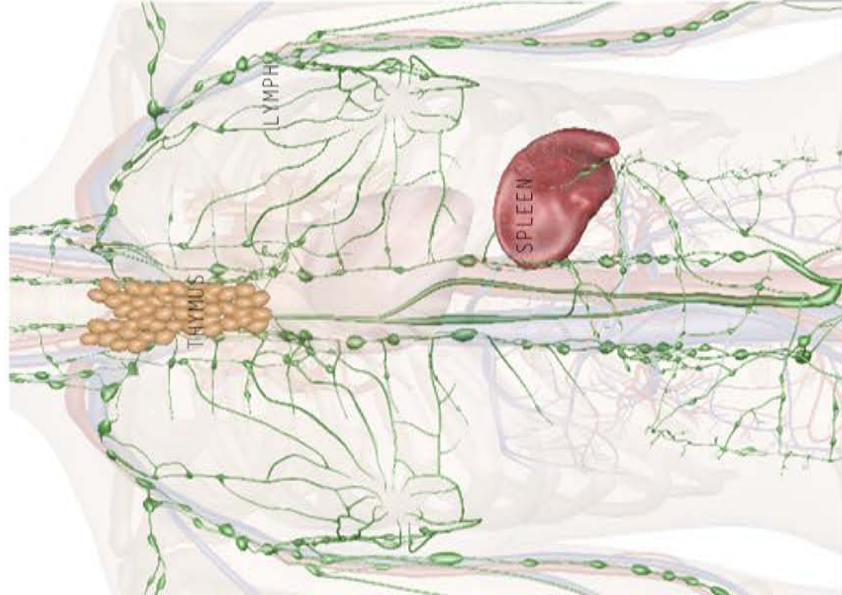
IMBALANCE

MERIDIAN

ASANAS

PHYSICAL: disorders of the heart/lungs/thymus/breasts/arms, sunken chest, shortness of breath, immune system deficiency, circulation problems

EMOTIONAL: grief, outbursts, anxiety, nervousness, insecurity, impatience, anger, overly critical, withdrawn, poor boundaries, possessive, jealous, overly friendly/generous, loneliness, fanaticism, codependency



THYMUS GLAND

ANAHATA CHAKRA



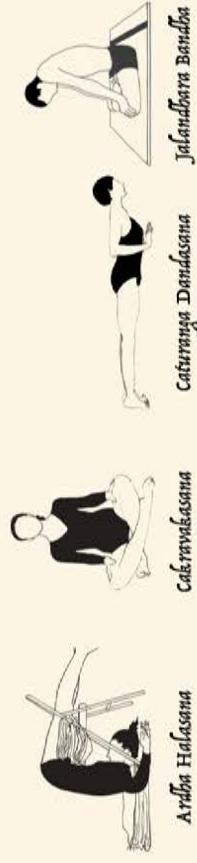
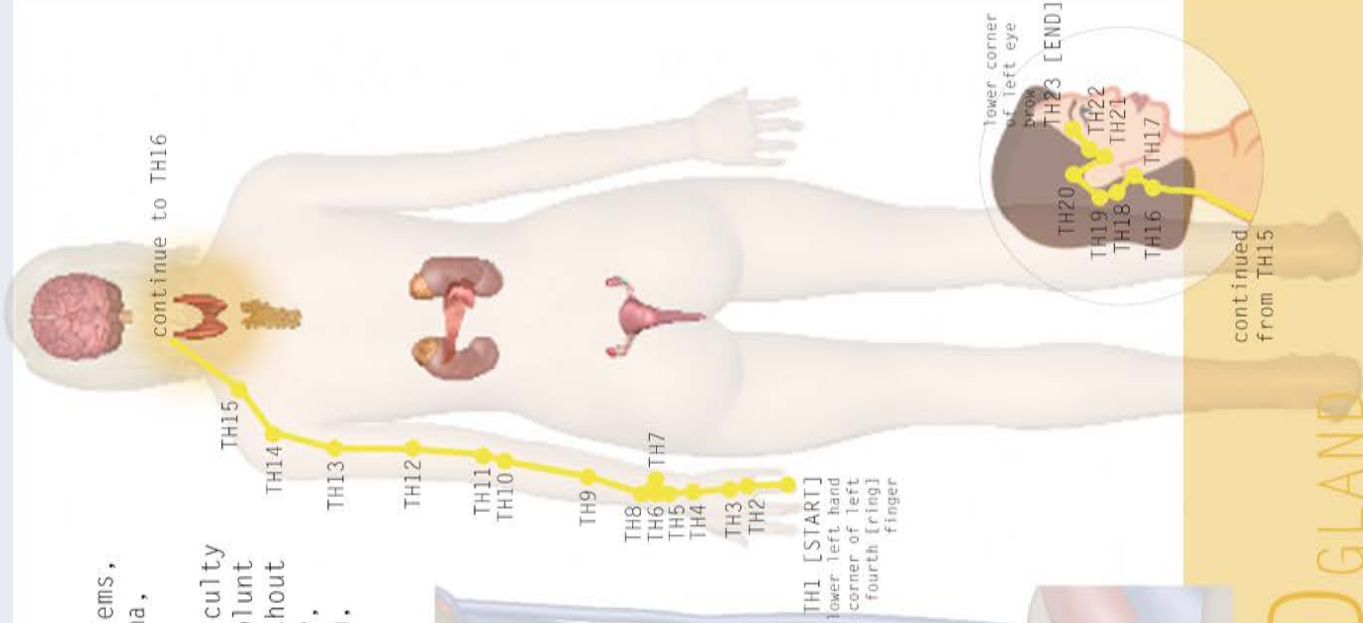
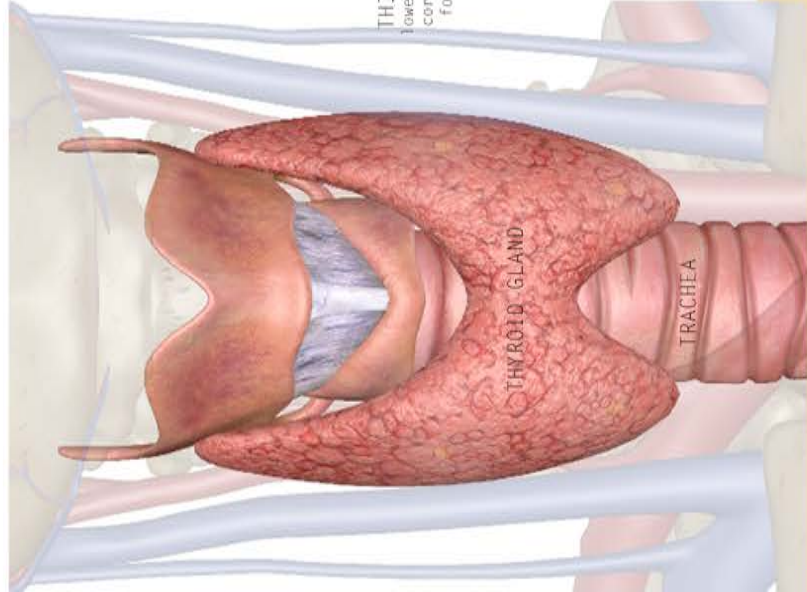
IMBALANCE

MERIDIAN

ASANAS

PHYSICAL: throat problems, sore throats, swollen glands, thyroid imbalance, neck ache, hearing problems, tinnitus, breathing problems, asthma, bronchitis, colds, stuttering

EMOTIONAL: thoughtless acts, difficulty expressing true feelings, denial, blunt or coarse speech, businesslike without emotion, loud or too quiet to hear, torrent of words to cover emotion, silence fearing judgement, blocked creativity, lies, hasty speech



Ардха Ханасана



Сарвангхасана
in Sarvanghasana
with Ujjayi Pranayama



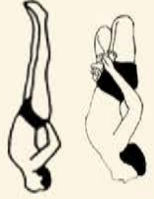
Сету Бангха Сарвангхасана
and Setu Bandha Sarvanghasana
[not pictured]



Жанамбгха Бангха



Харасана



Матсyasана



Навасана



Пітха Муктасана



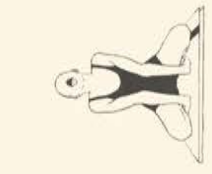
Salamba Sarvanghasana



Setu Bandha Sarvanghasana



Siddhasana
with Bhramari Pranayama



Сімхасана



Врксасана



Уттанасана



Viparita Karani



Устрасана

THYROID GLAND

VISHUDDHA CHAKRA



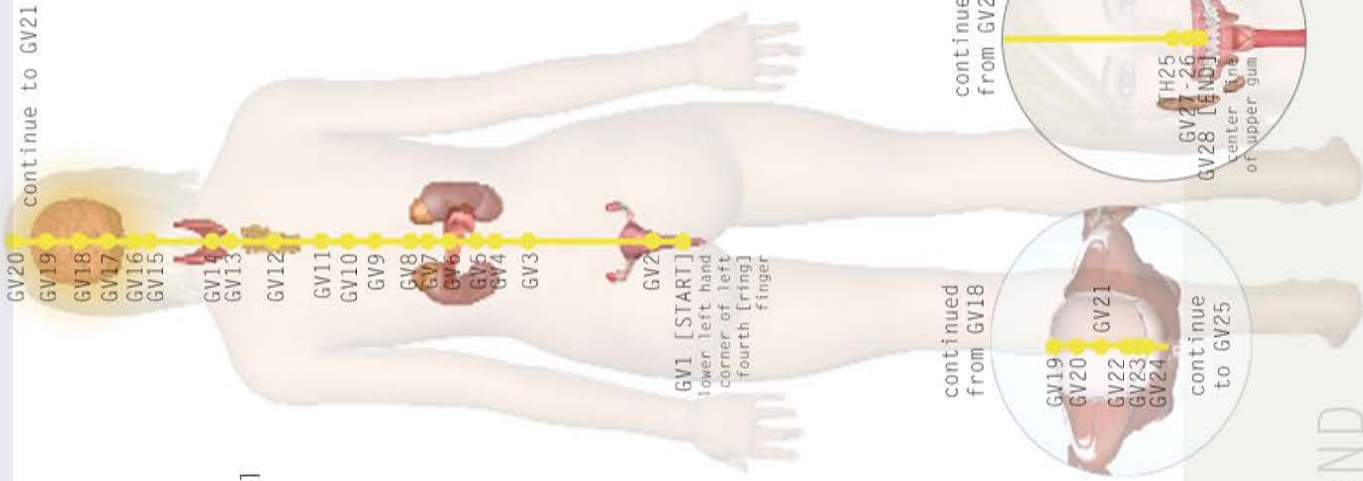
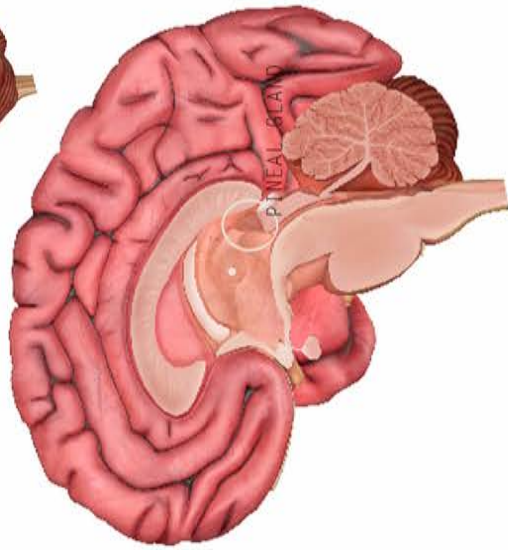
IMBALANCE

MERIDIAN

ASANAS

PHYSICAL: nightmares, headaches, learning difficulties, poor vision, neurological disturbances, glaucoma, hallucinations, difficulty concentrating, poor memory

EMOTIONAL: locked into the world of intellect, overly rational, intellectual arrogance, little or no reflection, extreme material desires, rejection of spirituality, isolation, emptiness, illusions, delusions



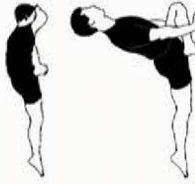
Ardhha Halasana



Balasana



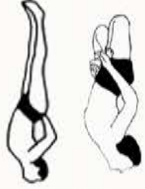
Dwi Pada Viparita Dandasana



Eka Pada Rajakapotasana



Garudasana



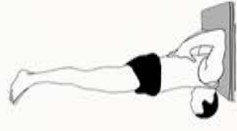
Matsyasana



Padmasana with Arjaji Mudra at third eye center or Nadi Srotrani Pranasana



Parivritta Sarvangasana



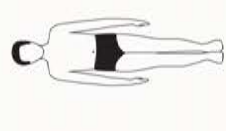
Salamba Sarvangasana



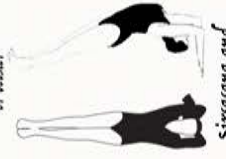
Savasana Prep with Arjaji Mudra hands and elbows pressed together, palms at third eye center



Paschimottasana head resting on block or bolster



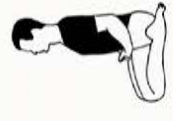
Tadasana



Sirsasana and Pinea Mayurasana



Viparita Karani



Virasana



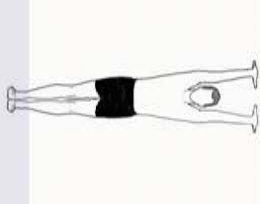
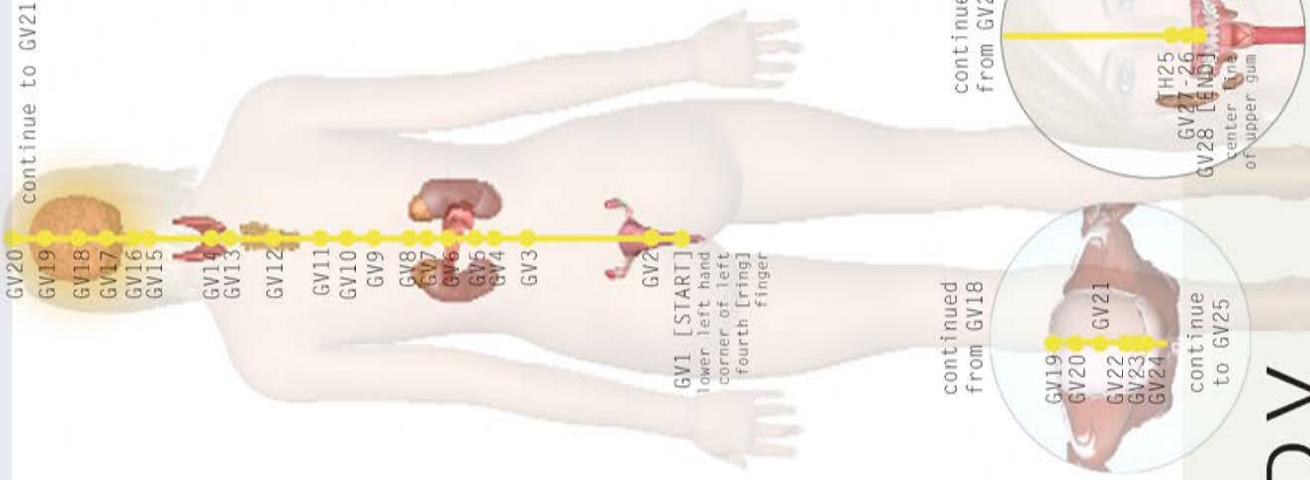
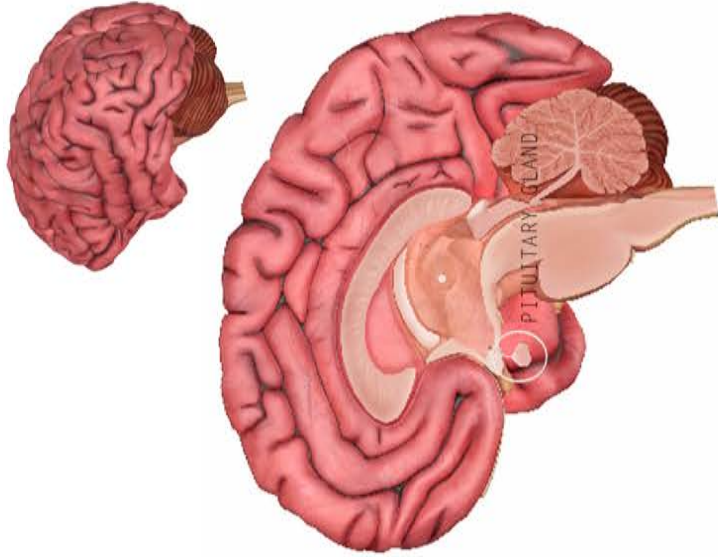
IMBALANCE

MERIDIAN

ASANAS

PHYSICAL: over-sensitivity to pollution, chronic exhaustion, epilepsy, Alzheimer's disease

EMOTIONAL: sense of alienation, depression, obsessive thoughts, confusion, selfishness, egocentric behavior, inability to let go of anxieties and fear, underlying feeling of dissatisfaction, overly intellectual, spiritual addiction or skepticism



Екa Пaдa Сaрвaнaсaнa



Ардha Бaддha Пaдma Пaшчимoтthaнaсaнa



Бaлaсaнa



Двu Пaдa Вuпapиtа Дaндhaсaнa
with top of head resting on prop



Екa Пaдa Сaрвaнaсaнa



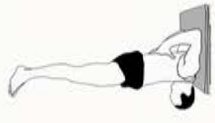
Пaрuвpтtа Сyктaсaнa



Пaдmaсaнa wиth
Ananta Murti at heart center



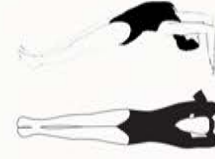
Пpacapиtа Пaдoтthaнaсaнa



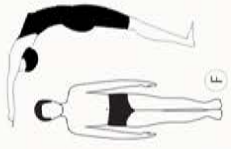
Сaвaсaнa



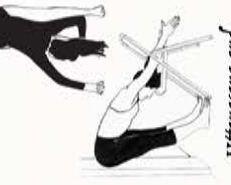
Сиддhaсaнa wиth Meditation



Сирсaсaнa and
Пинca Mаyуpасaнa



Уттaнa Шишoсaнa



Уттaнaсaнa and
Пapывa Уттaнaсaнa



Вирaсaнa



SAHASRARA CHAKRA

PITUITARY GLAND

LITERATURE

Accupressure Potent Points by Michael Reed Gach
Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality by Donna Eden
The Enneagram for the Spirit by Mary Horsley
The Foundations of Chinese Medicine by Giovanni Maciocia
Light on Yoga by B.K.S. Iyengar
Mudras: For Healing and Transformation by Joseph and Lilian Le Page
Prairie Yoga Institute 200 Hour Foundation Teacher Training Manual, 2015 edition by Lori Gaspar
The Women's Health Big Book of Yoga by Kathryn Budig

WEBSITES

Body and organ images.....www.innerbody.com
Meridian line information.....www.munot.in/accupressure_acupuncture/meridian_channels
Asana information.....www.yogajournal.com
Asana information.....www.yogainternational.com

IMAGES

Title page image.....webneel.com/wallpaper/lotus-flower-wallpaper
Table of Contents/Resource page image.....legacyofwisdom.blogspot.com/2015/05/jnana-mudra-and-chin-mudra.html
Chakra and asana images.....Many of the asanas show came from various sites through Google Images.

MY TEACHERS

Viki Distin, *Cascade Yoga Studio*
Tias Little, *Prajna Yoga and YogaGlo.com*
Ellen McKenzie, *Prairie Yoga*

RESOURCES