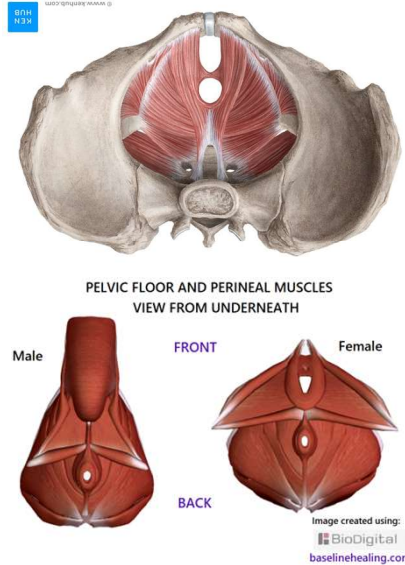


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Muscles of Pelvic Floor

- The pelvic floor for men and women have similar muscles that support the abdominal organs, and the weight of everything above the pelvic floor in the torso
- Chronic tension or laxity in these muscles causes a host of symptoms including incontinence, constipation, pelvic pain, and more

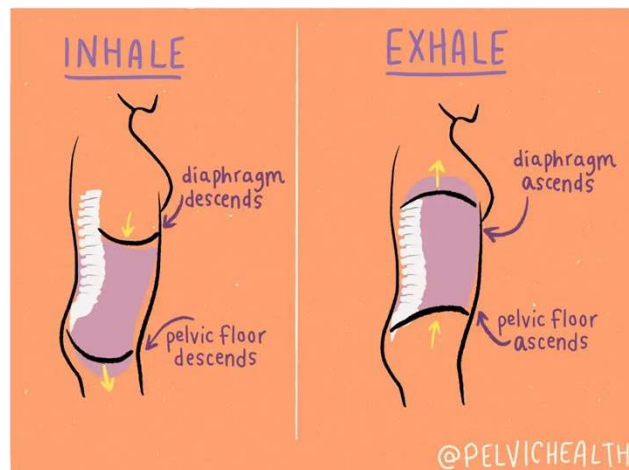


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Diaphragm & Pelvic Floor








- The movement of the diaphragm is mirrored in the pelvic floor



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Brahma Granthi Protocol

 Knees to Chest	 Knees Wide	 Knee Circles	 Pelvic Tilt/Tuck
 Bound Angle	 Belly Breath	 Pelvic Floor Breath <small>INHALE navel to pelvic floor EXHALE to pelvic floor to navel</small>	 Mulabandha <small>INHALE relax belly EXHALE lift belly + perineum</small>
 Kalesvara Mudra thumb and middle pads together, backs of other fingers together curl in <i>(releases shame)</i>	 Mahajana Mudra index to thumbs, right hand at heart, left hand on lap <i>(releases attachment)</i>	 Adhi Mudra hold thumbs inside soft fists <i>(reduces anxiety)</i>	 Chant GUM

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Svadhithana Chakra

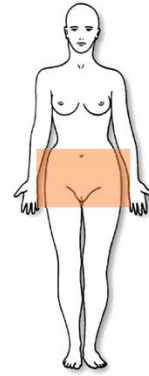
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Qualities of Svadhishthana Chakra



- Name: Sweetness
- Color: Orange
- Element: Water
- Location: Lower abdomen
- Body Region: Pelvis, lower back
- Body Systems: Reproduction, elimination
- Sense: Taste
- Quality: Intimacy
- Mantra: 'I feel'
- Gemstone: Carnelian
- Ages: 8-14 years old



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Function of Svadhishthana Chakra













- Function: Intimate relationships, gender identity, sexuality, emotional identity, imagination, creativity
- When Deficient: Resistance to change, out of touch with feelings, fear of pleasure, or reproductive problems
- When Excessive: Overly emotional behavior, poor boundaries, co-dependence, emotional drama, the constant need for stimulation, hoarding, all addictions
- Fears When Unbalanced: Fear of not having enough, fear of betrayal
- Reaction to Fears: Obsessive thoughts
- When Balanced: Go with the flow and release resistance to life's changes, healthy intimacy, sexuality without guilt, and acceptance of what is and what you already have.
- Balance Inhibited By: Guilt

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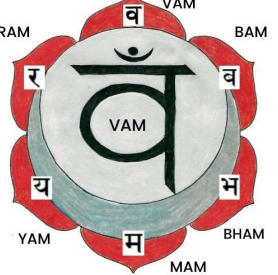
Protocol for Svadhishthana Chakra

 <p style="text-align: center;">Floor Flow</p>			 <p style="text-align: center;">Windshield Wipers</p>
 <p style="text-align: center;">Circular Cat/Cow</p>	 <p style="text-align: center;">Bridge Hip Extension</p>	 <p style="text-align: center;">Reclined Twist</p>	 <p style="text-align: center;">Reclining Bound Angle & Belly Breath</p>
 <p style="text-align: center;">Jala Mudra thumb and pinkies together, palms up on lap <i>(promotes healthy intimacy, reduces co-dependency)</i></p>	 <p style="text-align: center;">Varuna Mudra R thumb holds down pinkie, R hand in L palm, L thumb over R thumb <i>(activates water)</i></p>	 <p style="text-align: center;">Maha Sacral Mudra thumbs to pinkie pads, hands join at thumb/pinkie and ring fingers <i>(reduces anxiety)</i></p>	 <p style="text-align: center;">Chant VAM</p>

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Yantra & Mantra for Svadhishthana Chakra



- VAM stimulates the chakra's location in the lower abdomen
 - **G#4** (417 Hz)
- Each petal in the yantra symbol also contains a Sanskrit bija:
 - Vam, Bam, Bham, Mam, Yam, and Ram
- Representing the emotions that must be overcome to purify Svadhishthana:
 - Wrath, hate, jealousy, cruelty, lust, and pride

A circle surrounded by six lotus petals:

- Silver crescent moon facing upwards represents the water element, the emotions, and the unconscious mind.

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Qualities of Manipura Chakra

- Name: City of jewels
- Color: Yellow
- Element: Fire
- Location: Solar plexus
- Body Region: Upper abdomen, middle back
- Body Systems: Digestion
- Sense: Sight
- Quality: Will power
- Mantra: 'I do'
- Gemstone: Citrine, topaz, tigers eye
- Ages: 14-21 years old

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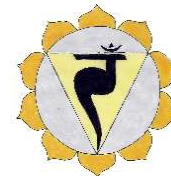
Protocol for Manipura Chakra

			
Standing Side Bend	Wide-Leg Forward Bend	Wide-Leg Twist	Chair Pose
			
Warrior II	Chair Triangle	Seated Cross-leg Twist	Seated Forward Fold
			
Breathe In Strap	Medha Prana Kriya Mudra index tips to second joint of thumbs, palms up on lap <i>(breath in middle lungs)</i>	Surya Mudra tip of ring into base of thumb, extend others, palms up on lap <i>(will power)</i>	Chant RAM

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Function of Manipura Chakra

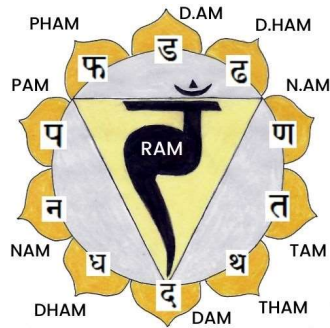


- **Function:** Identity, self-image, ego, will-power, transformation, courage, practical intelligence
- **When Deficient:** Low self-esteem, self-doubt, negative self-talk, feeling victimized, digestive problems, eating disorders
- **When Excessive:** Perfectionism, blaming, anger, domination, desire for personal power, righteous indignation, territorial, jealous, paranoid
- **Fears When Unbalanced:** Fear of evolution or success; fear of what other people think of you
- **Reaction to Fears:** Self-sabotage
- **When Balanced:** Balanced self-esteem, sense of purpose and direction, living your truth and values, understanding what you can control and what you need to let go of, accepting responsibility, balanced power dynamics, compassionate leadership, can take risks but also set limits, vitality, healthy metabolism
- **Balance Inhibited By:** Shame

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Yantra & Mantra for Manipura Chakra



A circle surrounded by ten lotus petals

- Downward-pointed triangle represents the fire element

- RAM stimulates the chakra's location in the solar plexus
 - C5 or 528Hz
- Each petal in the yantra symbol also contains a Sanskrit bija:
 - Dam, Dham, Nam, Tam, Tham, Dam, Dham, N.am, Pam, and Pham
- Representing the qualities that must be overcome to purify Manipura:
 - Ignorance, thirst, jealousy, treachery, shame, fear, disgust, delusion, foolishness, and sadness.

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