

Chakra Exercises

A while ago I read a book called the "Ancient Secret Of The Fountain Of Youth".

It contained several exercises that were designed to target the chakras or energy points in the body.

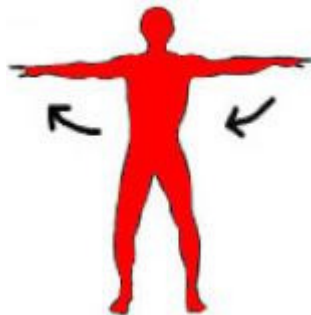
Essentially they are a series of yoga exercises that take about 10-15 minutes, and the book claims they will make you "look and feel younger".

I do the exercises every morning and find them excellent in maintaining a flexible body.

When doing these exercises for the first time start slowly, 5 is a good number to do for each exercise when you begin. Then each week, or whenever you feel comfortable, add 1 more to each exercise.

The following are a list of exercises from the book, with a description of how to do them. At the end of the article I will provide a link to the book for you to read in full.

Chakra Exercise 1 - Spin Me Round!



This is a simple exercise to do, but make sure you don't fall over! It simply involves spinning round in a clockwise direction with your arms up. I find it very interesting how children naturally do this.



Chakra Exercise 2 – Leg Lift



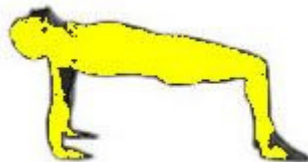
To do this exercise lie flat on your back, with your palms face down on the ground. Then lift up your head until your chin touches your chest and lift your legs up in the air. Lower your legs and head, then repeat.

Chakra Exercise 3 – Back Bender



Don't worry its not as painful as it sounds! To start kneel on the floor with your feet behind you, then arch your back and neck so you can see the ceiling or wall behind you. Now straighten your back and repeat.

Chakra Exercise 4 – Table Top



You may find this one a bit tricky. The idea here is to get a straight back, like is shown in the picture. The easiest way to do it, is to start sitting down with your hands to your side and your feet in front of you. Then in one movement, tilt your head back and lift your back up,

trying to keep it straight. Now lower yourself to the sitting position and repeat.

Chakra Exercise 5 – Full Body Stretch

This is my favorite exercise, it is fun to do and once you have done it for awhile you can really feel the improved flexibility. To do this exercise, first lay your stomach flat on the ground with your palms down. Now push up with your arms raising your head towards the ceiling and arching your back as shown in the picture.



Hold this position for upto 30 seconds, then reverse the move so you end up like the picture below. The idea is to go from one position to the other smoothly. Once you get the hang of it, it's very easy.



If you would like to find out more information on how to do these exercises, and the idea behind them, I highly recommend you read the book, by visiting the free ebook page at <http://www.eruptingmind.com>