

The Seven Chakras: A Practice Guide

Before you practice

These guides are general fitness and mindfulness content written by BLKMAT. They are not medical advice, therapy, or treatment, and they are not a substitute for a qualified yoga teacher or health professional.

- Check with a doctor or physical therapist before starting a new exercise routine, especially if you are pregnant, recovering from an injury or surgery, or managing a heart, blood-pressure, joint, or balance condition.
- Move within a comfortable range. Mild stretching sensation is fine; sharp, pinching, or electric pain, numbness, or dizziness means stop.
- If you feel faint, dizzy, short of breath, or unwell at any point, stop and rest. Get medical help if it doesn't pass quickly.
- Breathe through your nose if you can, and never hold your breath to force a pose.
- Use a wall, chair, folded blanket, or pillow for support whenever it helps. Props are not "cheating."
- Practice on a dry mat on a flat, non-slip floor. BLKMAT mats have a natural rubber base, which contains latex.

Zodiac and chakra themes in these guides are cultural and creative frameworks for choosing what to practice and what to pay attention to. They are not scientific or health claims.

A BLKMAT guide for the Chakra collection: Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, Crown, and Full Chakra. Read the safety note first.

What this guide is, and what it isn't

The chakras (Sanskrit *cakra*, "wheel") come from medieval Indian tantric and later hatha yoga traditions, which describe centers along the spine used as points of focus in meditation. Different texts list different numbers of them; the seven-center system most people know today was popularized in the West in the 20th century, and the familiar rainbow color scheme is a modern convention rather than something found in the old texts. The petal counts on our mats (4, 6, 10, 12, 16, 2, and the "thousand-petaled" crown) follow the traditional descriptions.

There is no scientific evidence that chakras are physical structures, and nothing in this guide treats, cures, or balances anything in your body. We use the seven centers the way many teachers do: as a simple map for **where to put your attention** and **what kind of movement to choose**. That on its own can make a practice feel more focused.

How to use it: Pick the chakra that matches your mat, or whatever theme you want that day, and do its short practice (about 5 minutes). Or do all seven in order, bottom to top, for the Full Sequence at the end (about 20 to 25 minutes).

1. Root — Muladhara

Mat: Root Chakra (four red petals, square of earth) · **Traditional location:** base of the spine · **Traditional element:** earth · **Theme:** steadiness, feeling supported

Practice (about 5 minutes)

1. **Mountain pose**, 1 minute. Feel all four corners of each foot on the mat.
2. **Chair pose**, 3 rounds of 3 breaths. Sit back as if toward a chair; rest between rounds.
3. **Warrior II**, 4 breaths each side. Press the outer edge of the back foot down.
4. **Garland (deep squat)**, 4 breaths. Feet wider than hips, heels on a rolled blanket if they lift; or sit on a block or book.

Breath focus: lengthen each exhale slightly, as if settling weight downward.

Reflection: *What helps me feel steady right now?*

2. Sacral — Svadhisthana

Mat: Sacral Chakra (six orange petals, crescent of water) · **Traditional location:** lower abdomen ·

Traditional element: water · **Theme:** fluid movement, enjoyment

Practice (about 5 minutes)

1. **Seated hip circles**, 1 minute. Sit cross-legged and circle your torso slowly over your hips, both directions.
2. **Cat and cow with circles**, 1 minute. On hands and knees, let the movement become round and wave-like.
3. **Low lunge**, 4 breaths each side. Back knee down and padded; hips ease forward.
4. **Reclined bound angle (butterfly)**, 1 minute. On your back, soles of the feet together, knees falling open; pillows under the knees if needed.

Breath focus: smooth, unbroken breath with no pause at the top or bottom.

Reflection: *Where can I let something be easier today?*

3. Solar Plexus — Manipura

Mat: Solar Plexus Chakra (ten yellow petals, downward triangle of fire) · **Traditional location:** upper

abdomen, around the navel · **Traditional element:** fire · **Theme:** effort, confidence, warmth

Practice (about 5 minutes)

1. **Plank** (knees down is fine), 3 rounds of 3 breaths.
2. **Boat pose with bent knees**, 3 rounds of 3 breaths. Hold the backs of the thighs if needed; keep the chest lifted.
3. **Seated twist**, 4 breaths each side. Lengthen as you breathe in, turn gently as you breathe out.
4. **Child's pose**, 1 minute.

Breath focus: steady and full; feel the belly move with the breath.

Reflection: *What is one thing I'll do with full effort today?*

4. Heart — Anahata

Mat: Heart Chakra (twelve green petals, two interlaced triangles) · **Traditional location:** center of the

chest · **Traditional element:** air · **Theme:** openness, kindness

Practice (about 5 minutes)

1. **Clasped-hands chest opener**, 4 breaths. Standing or seated, interlace your hands behind your back (or hold a strap) and gently lift the chest.
2. **Sphinx pose**, 1 minute. On your belly, forearms down, elbows under shoulders.
3. **Bridge pose**, 3 rounds of 3 breaths. Feet hip-width, press through the feet to lift the hips.
4. **Supported fish**, 1 to 2 minutes. Lie back with a firm pillow or folded blanket lengthwise under your upper back; head supported.

Breath focus: feel the ribs widen to the sides and back as you breathe in.

Reflection: *Who could use some kindness from me, including me?*

5. Throat — Vishuddha

Mat: Throat Chakra (sixteen blue petals, circle within a triangle) · **Traditional location:** throat · **Traditional element:** space (ether) · **Theme:** clear expression

Practice (about 5 minutes)

1. **Neck release**, 1 minute. Seated, slowly tip your ear toward your shoulder, 3 breaths each side. Never roll the head backward forcefully.
2. **Cat and cow**, 6 rounds, letting the head follow the spine.
3. **Supported shoulder stretch (thread the needle)**, 4 breaths each side.
4. **Humming breath**, 1 to 2 minutes. Seated, breathe in through the nose, then hum softly on a long exhale. Notice the vibration.

Breath focus: the long, even exhale of the hum.

Reflection: *What do I want to say clearly, and to whom?*

6. Third Eye — Ajna

Mat: Third Eye Chakra (two indigo petals, circle and triangle) · **Traditional location:** between the eyebrows · **Theme:** focus, attention

Practice (about 5 minutes)

1. **Tree pose**, 4 to 6 breaths each side. Fix your gaze on one still point.
2. **Standing forward fold**, 4 breaths, knees bent generously.
3. **Child's pose with forehead resting**, 1 minute. Rest the forehead on the mat or a block.
4. **Counted breath**, 2 minutes. Seated, count each exhale from 1 to 10, then start again. If you lose count, simply start over.

Breath focus: counting, gently.

Reflection: *What deserves my attention this week?*

7. Crown — Sahasrara

Mat: Crown Chakra (a thousand violet petals, drawn as 20 rings of 50) · **Traditional location:** top of the head · **Theme:** stillness, perspective

Practice (about 5 minutes)

1. **Easy seat, sitting tall**, 1 minute. Imagine the crown of your head lifting gently.
2. **Seated side bends**, 3 breaths each side.
3. **Savasana**, 3 minutes or longer. Lie down and let the body be completely still.

Breath focus: no technique; let the breath happen on its own.

Reflection: *Zooming out, what actually matters today?*

The Full Sequence (about 20 to 25 minutes, for the Full Chakra mat or anyone)

Move bottom to top, the same way the emblems are stacked on the Full Chakra mat.

#	Center	Poses	Time
1	Root	Mountain → Chair (2 rounds) → Warrior II both sides	4 min
2	Sacral	Cat-cow circles → Low lunge both sides	3 min
3	Solar Plexus	Plank (knees down OK) → Bent-knee boat → Seated twist	3 min
4	Heart	Sphinx → Bridge (2 rounds)	3 min
5	Throat	Neck release → Humming breath	3 min
6	Third Eye	Child's pose, forehead down → Counted breath	3 min
7	Crown	Savasana	3+ min

Close by sitting up slowly and taking three breaths before you stand.

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