Wednesday Workout—Get Energized: Cakra Flow

Warm up - Sun Salutation (surya namaskara A) 3x

**Root (muladhara)**
- virabhadrasana 1
- utthita parsvakonasana A
- reverse warrior
- trikonasana A
- parsvottanasana
- virabhadrasana 2
- prasarita padottanasana C
- reverse warrior
- humble warrior
- reverse warrior
- phalakasana
- bhujangasana
- adho mukha svanasana

**Sacral (sadhishthana)**
- adho mukha svanasana
- three-leg dog
- kapotasana A
- kapotasana B
- kapotasana C
- prasarita janu sirsasana A
- prasarita janu sirsasana B
- janu sirsasana
- camatkarasana
- wild thing
- knee to nose
- three-leg dog

**REPRESENTS:** Foundation & Feeling Grounded
**LOCATION:** Base of Spine  
**EMOTION:** Basic Survival

**REPRESENTS:** Connection & Acceptance of Others
**LOCATION:** 2” Below Naval  
**EMOTION:** Abundance, Sexuality, Well-being

Ann Seibert is a rock climbing yogi, teaching yoga to fellow athletes. Her goal is to help them avoid injury caused by strong tight muscles. For more sequence ideas, visit: [www.rockclimbingyogi.com/blog](http://www.rockclimbingyogi.com/blog)