



WELCOME TO

7-Days Of Dance Yoga



IN THE NEXT 7 DAYS

We will be diving into our subtle body—our complex energy system focusing on opening our 7 chakras through dance-yoga.



Day 1: Root Chakra

Color: Red

Location: Base of the spine

Rules: The legs, feet, adrenal glands, and the elimination system.

Element: Earth

Sanskrit name: *Muladhara*

Responsible for: Feeling grounded, stability, security, and feeling supported.

After class journal prompt:

Write down 3 things that make you feel supported.





Day 2: Sacral Chakra

Color: Orange

Location: Bellow the belly button

Rules: Reproductive organs

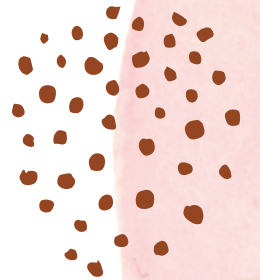
Element: Water

Sanskrit name: *Svadhistana*

Responsible for: Fluidity, creativity, sensuality, pleasure.

After class journal prompt:

What is something you have been wanting to create that would bring you joy? Write it down and when you will start.





Day 3: Solar Plexus

Color: Yellow

Location: Base of the ribcage

Rules: Digestion, pancreas



Element: Fire

Sanskrit name: *Manipura*

Responsible for: Divine will, conscious action, confidence, and determination.

After class journal prompt:

Write the commitment that came to mind during class. If you feel called, place it somewhere you can see it everyday.





Day 4: Heart Chakra

Color: Green

Location: Heart center

Rules: Heart, lungs, respiratory system

Element: Air

Sanskrit name: *Anahata*

Responsible for: Empathy, love, and self compassion.

After class journal prompt:

Write down 3 things you love about yourself.





Day 5: Throat Chakra

Color: Sky blue

Location: Throat

Rules: Throat, endocrine system, neck

Element: Space

Sanskrit name: *Vishuddha*

Responsible for: Expansion, communication, and freedom of speech.

After class journal prompt:

Write down a list of things that make your thrive, that make you connect to your highest self.

Then say them outloud.





Day 6: Third Eye Chakra

Color: Indigo

Location: Between the brows

Rules: Sight, vision, senses, nervous system



Element: Light

Sanskrit name: *Ajna*

Responsible for: Intuition, clarity, inner
wisdom.

After class journal prompt:

Imagine your younger self, what
wisdom would you share with
that little version of you?





Day 7: Crown Chakra

Color: Violet

Location: Crown of the head

Rules: All systems of the body

Element: Space

Sanskrit name: *Sahasrara*

Responsible for: Freedom, uniting our consciousness and our ego, lightness, and joy.

After class journal prompt:

When do you feel most free?

