

## 5th Chakra — The power of will

The fifth chakra, or energy center in the body relates to our power of choice in our own lives; our ability to chose our path. Located in the throat area, the fifth chakra affects the neck, mouth, jaw and teeth. The challenge of this area is to progress through the power of willfulness. Thoughts evolve from childlike perceptions that everyone and everything around you has power over you to the ultimate perception that true authority arises from aligning yourself with divine will, and a need to surrender to those consequences. Honesty and forgiveness with ourselves and others show us that our personal power lies in our thoughts and actions.

### Asanas



Plankasana  
Plank



8 Point Pose



Prasarita  
Padatanasana  
Wide Angle



Adho Mukha  
Svanasana  
(Dog variation)



Trikonasana  
Triangle



Eka Pada  
Salabhasana



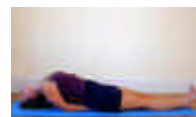
Eka Pada Raja  
Kapotasana



Supta Virasana  
Reclining Hero  
(variation)



Sucirandrasana  
Eye of the  
Needle



Matsyasana  
Fish



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**Application:** This practice sheets give you a reminder of the poses that we work on in class, so that at home you can use the practice sheets to go further in each asana. At home you can explore holding the poses longer, change the pace and focus on alignment further in order to deepen your understanding and knowledge of the pose, and customize it to your practice. Use other lessons for your daily practice can be found at [www.fulcrumblu.com](http://www.fulcrumblu.com).

Photos: Alyce Hensen

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