

Om

It was in a yoga class at the YMCA in mid-town Manhattan I first heard – and chanted – Om. At the time I thought it was pretty strange. So when a student told me that he was really put off by a class that he went to where the teacher asked the class to chant three Om's to complete the class, I couldn't help but think back to my first experience. At the time it seemed like the right thing to do, so I did my best to sound like I had been chanting Om's all my life. But it wasn't until my friend told me his reaction that I began to research the emotional, physical, and spiritual benefits of sound. What I found was that different sounds affect each of the chakras. The sound of Om affects two chakras – the sixth (brow) and seventh (crown), providing such benefits as clarity, mindfulness, and a sense of peacefulness.

Asanas



Tadasana
Mountain



Parivrtta
Trikonasana
Twisted Triangle



Vrksasana
Tree



Ardha
Chandrasana
Half Moon



Adho Mukha Svanasana
Downward Dog



Dandasana
Staff Pose



Virasana
Hero Pose



Paschimotanasana
Seated Forward
Bend



Setu Bandha
Sarvangasana
Bridge



Padmasana
Lotus

Application. There are several hundred ways to pronouncing Om. A prolonged “O” projects energy to our external environment, while the humming effect of the “M” directs the energy inward, allowing for our own release and renewal according to *Sacred Sounds* by Ted Andrews. Chant Om following your practice and begin to notice the soothing effects. You may also want to check out other chants which effect other chakras.