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Chakras – Post 10

Learning about the chakras in class has given me some interesting insight as to why certain yoga asanas are how they are. When you twist and hold during any asana, you are loosening the knots of a chakra, allowing more air to flow through those channels. In my mind, the spiritual feeling of loosening a knot lines up with the relaxed and calm state of the body after a practice. When I lie in corpse position at the end of the practice, I take note of the different state my body is in compared to before the practice. I imagine that just how my blood may be pumping faster and fuller, the winds traveling to my extremities through the chakras are flowing fuller and smoother as well. Thinking about the chakras during a practice gives the physical aspect of yoga a spiritual layer I had not previously really thought of, and it is interesting food for thought at times.