

ANOUSHKA'S YOGA - CHAKRA CLASS

Thursday, the 23rd August, I went back to Anoushka's Yoga Class. This time, Ruth came along with me.

I don't know how many of you remember the last article I wrote about Anoushka for Yoga Live, (last year), but I enjoyed her class so much, that when Anoushka said that she had recently been holding yoga classes with a Chakra theme, I thought it time to re-visit and write another!

To remind you, Anoushka's classes are held at St Andrews' Parish Hall, Waynflete Street, London, SW18 (2 mins walk from Earlsfield station). Her website is: <http://www.anoushkasyoga.com> Please check it out if you haven't already done so. Anoushka also holds retreats which sound amazing. Going by her classes, these retreats are sure to be a definite benefit to any yoga student, wherever he/she is on their path.

For the last few weeks, Anoushka has been focusing on one Chakra per class, using postures to work on opening that particular Chakra. These classes have seen some really profound shifts from Anoushka's students, especially from the classes focusing on the Solar Plexus and Heart Chakras. The class Ruth and I went to focused on the Crown Chakra.

In her research in forming these Chakra classes, Anoushka has found that the Chakra work she has been doing, relates very closely to Deepak Chopra's Seven Laws for Spiritual Success. These are:

- 1) The Law of Pure Potentiality
- 2) The Law of Giving
- 3) The Law of Karma (or Cause and Effect)
- 4) The Law of Least Effort
- 5) The Law of Intention and Desire
- 6) The Law of Detachment
- 7) The Law of "Dharma" or Purpose in Life

We began the class laying down, with our hands over our Crown Chakras, focusing on our breathing, becoming aware of the gap between the in and out breath, and the gap between the out and in breath. This progressed to us becoming aware of and making each of the 4 steps of breathing (In, gap, out, gap), equal. For instance, in-4, gap-4, out-4, gap-4. Or whichever count felt most natural and comfortable. We followed this by, sending the breath around our torsos in a square, beginning at the right hip, using the torso for equal steps.

Rising to sitting position, we continued with breathing, this time with our hands above our heads in Lotus Mudra, channelling in Universal Energy. Breathing up through the base Chakra to the Crown and down the front of the body to the base again, moving the arms up and down to touch the floor, in rhythm with our breathing and each time our hands were above our heads, we formed them back into Lotus Mudra.

Next, was a beautiful, graceful sequence of stretching postures, continuing to focus on our breathing.

We continued with another beautiful sequence of postures focusing on the Crown Chakra rolling gently onto the crown and off again, building up to a headstand with arms in crow position, slowly lowering to crow with the crown still on the floor.

Working on inner focus and balance, we continued with sun salutations – with our eyes closed, and in our own time. This was a lovely experience, which I really recommend you try. Sun salutations with one's eyes closed feels quite different, and one gets into one's own rhythm, balance, and is very spiritual. We did six each side in this particular class.

Moving on, we came to the "King of Asanas" – the Headstand. Those with less experience in headstand worked against the wall in pairs, whilst the rest did the classic headstand in the middle of the room,

moving onto headstand variations. This progressed into working on the handstand – some worked in pairs against the wall, others worked alone against the wall.

To end the class, Anoushka handed each one of us a set of Mala beads, and encouraged us to decide upon a mantra of our own choosing, to silently recite as we moved one by one round the 108 beads, reciting our mantra.

As we finished and either continued to sit or lay down with eyes closed, Anoushka spoke beautifully about the The Law of "Dharma".

Her last words were aimed for us to take something away from the class to work on in our everyday lives. We were to choose a Dharma commitment:

1. To nurture the goddess within
2. To find one's own special talents
3. How can I help?

Anoushka spoke in more depth on each commitment and invited each of us to choose whichever we were most drawn to, to work on in the coming week.

What a beautiful class. Anoushka always shows her students how to apply yoga to their everyday lives, for their own growth and betterment, which I think is wonderful. Many attend yoga classes, not knowing how to incorporate what they learn into their own lives, but Anoushka guides them on their life journey and in this way, gives her students something extra.

Ruth and I both wished we had attended the previous Chakra classes, and Anoushka tells us she will be repeating this course next year.

We came away from the class feeling very calm, peaceful and also quite spaced out! It was great.

Thank you once again, Anoushka!