



ROY G BIV – Part 3

Yes Yellow (Fire Chakra)

a Next Generation Yoga Lesson Plan
for Tweens & Teens

SUGGESTED PROPS

Magazine cut-outs of things that are hot (fire, food, sun, temper), paper, colored pencils/markers/crayons, yoga block, wooden dowels or unsharpened pencils (one per student), essential oils, bell, chime, or singing bowl.

SUGGESTED MUSIC

Looking at a Peaceful Landscape by Colin Hall.

SETTING UP THE THEME

Have you ever felt “out of whack,” or “in a funk,” or “just not right”? It’s that feeling when you know something is out of balance, but it’s hard to put your finger on just what it is.

Having awareness of your subtle body, the parts you can’t see, can help you find your groove again. Let’s begin with the chakras. The word chakra translates to “wheel” or “disk.” In yoga, this term refers to wheels of energy throughout the body that correspond to massive nerve centers along the spine, starting from the base of the spine through the crown of the head.

Each of the seven main chakras contain bundles of nerves and major organs, as well as our psychological, emotional, and spiritual states of being. In order to maintain a state of balance, it is essential that the chakras remain open, aligned, and fluid. If there is blockage, they cannot flow, just like the drain in your bathtub!

In ROY G BIV Part 3, we explore the fire chakra, the center for personal power. In Sanskrit, *Manipura*.