



Chakra Balance Yoga Course

eBook 1: The 5 Elements & The Chakra Journey

The School of Breath

A gentle return to balance through breath, movement, and inner awareness.

This is the beginning of a 9-week inner journey. A return to the energy within you. A path back to steadiness, clarity, and wholeness.

Welcome to the Journey

In the modern world, we are taught to keep chasing, thinking, and doing. But true balance is not found only in what we achieve outside ourselves. It is cultivated within.

This course is an invitation to return inward through yoga, pranayama, mudras, and guided meditation.



Over the next nine weeks, you will explore the chakras not only as spiritual centers, but as living expressions of the five elements: earth, water, fire, air, and space.

When these elements are in harmony, we feel stable, clear, connected, and alive. When they are out of balance, we may feel anxious, heavy, scattered, or depleted.

This is not just a study of energy. It is a path back to wholeness.

Understanding the Chakra System

The chakra system exists within the **pranic body**, the subtle energy body where life force moves.

Prana

The life force that animates and energizes us. It flows through channels called nadis.

Nadis

According to Hatha Yoga, there are said to be 72,000 nadis in the body. These nadis meet at major energetic junctions, forming powerful centers known as chakras.

Three Main Nadis

These nadis support the upward movement of energy: Ida (feminine), Pingala (masculine), and Sushumna (central channel accessed when ida and pingala are balanced).

The seven main chakras are aligned along the spine, from the base of the body to the crown. As balance is restored, prana can move more freely upward, supporting clarity, healing, and awareness.

The Five Elements Within

Ancient yogis taught that all of life is made of five great elements. The universe is made of these elements. The body is made of these elements. The energy system is shaped by these elements.



Earth

Foundation, stability, grounding, and physical form



Water

Flow, adaptability, emotions, and creative expression



Fire

Transformation, willpower, digestion, and inner drive



Air

Freedom, openness, connection, and love



Space

Expansion, truth, authenticity, and spiritual awareness

Each chakra is connected to one of these elemental forces. When the elements are balanced, we feel grounded, strong, open, and clear. When they are disturbed, imbalance begins to show up in the body, mind, emotions, and spirit.

Modern life can easily push these elements out of sync through stress, overstimulation, poor habits, emotional overload, and mental noise. This course helps restore harmony through breath, movement, hand gestures, and meditation.

Foundation, Flow, and Inner Fire

Root Chakra — Earth

The Root Chakra is the foundation of the system. It is connected to grounding, stability, safety, and support.

- **Balanced:** rooted, secure, peaceful, steady
- **Excess:** heavy, stuck, resistant, lethargic
- **Deficient:** anxious, ungrounded, insecure, scattered

Sacral Chakra — Water

The Sacral Chakra is connected to emotional flow, creativity, adaptability, and pleasure.

- **Balanced:** fluid, creative, emotionally open
- **Excess:** overwhelmed, overly sensitive, heavy
- **Deficient:** dry, rigid, blocked, disconnected

Solar Plexus Chakra — Fire

The Solar Plexus Chakra is connected to confidence, willpower, digestion, and transformation.

- **Balanced:** energized, focused, purposeful
- **Excess:** irritable, intense, impatient, burned out
- **Deficient:** low energy, sluggish, unmotivated, lacking drive

Openness, Expression, and Expansion

Heart Chakra — Air

The Heart Chakra is connected to love, compassion, openness, and connection.

- **Balanced:** kind, open, adaptable, connected
- **Excess:** restless, anxious, overthinking, scattered
- **Deficient:** dull, closed off, uninspired, heavy

Throat Chakra — Space

The Throat Chakra is connected to truth, communication, authenticity, and spiritual expansion.

- **Balanced:** clear, peaceful, expressive
- **Excess:** ungrounded, disconnected, floating, isolated
- **Deficient:** stuck, rigid, closed, unable to expand

The Upward Journey

As energy rises through the chakras, awareness expands. When we live only from the lower centers, life can feel heavy and reactive. As awareness rises, life becomes smoother, clearer, and less draining.

This journey is about bringing all chakras into harmony so the whole system can support your life.

A Journey Back to Balance

This course is not only about learning concepts. It is a practical healing journey.

01

Weeks 1-8

Focus on specific chakras and their elemental patterns through yoga, pranayama, mudras, and guided meditation

02

Week 9

Integration of all practices and experiences into daily life

These practices help regulate the nervous system, clear stagnant energy, and support the upward flow of prana.

Sometimes past experiences create energetic holding patterns in the body. Through steady practice, the channels begin to soften and open again.

Reflection

- Where in my life do I feel out of balance right now?
- Do I feel heavy, restless, disconnected, or depleted?
- What part of me is asking for grounding, clarity, healing, or space?

This is not just a course. It is a journey back to yourself. Back to balance. Back to wholeness.

Healing Mudras for Elemental Balance

The School of Breath • Chakra Balance Yoga Course

A practical guide to balancing the five elements through mudras



What Are Mudras?

Mudras are ancient yogic hand gestures used to direct the flow of prana, life force energy, in the body. The word *mudra* means a seal, lock, or gesture in Sanskrit.

Through simple finger positions, we create energetic loops that help prana circulate and move with greater harmony. These subtle movements connect mind and body, opening pathways for balance and healing.

In this practice, mudras are used alongside breathwork, movement, and guided meditation to restore balance in the five elements that make up our being.

This guide focuses on practical application: Which mudra to use. When to use it. And how to do it correctly with grace and intention.

The Fingers and the Five Elements

Each finger represents one of the five elements that form our physical and energetic bodies. By working with these connections, we can consciously influence our inner balance.

Thumb

Fire

Willpower and transformation

Index

Air

Movement and expansion

Middle

Space

Freedom and connection

Ring

Earth

Grounding and stability

Little

Water

Flow and emotion

📌 **The Basic Rule:** To increase an element, touch that fingertip to the tip of the thumb. To decrease an element, place that finger under the thumb and gently press.

Each element supports a chakra: Earth → Root, Water → Sacral, Fire → Solar Plexus, Air → Heart, Space → Throat.

Air Element Mudras

Heart Chakra

Air governs movement, expansion, and the breath itself. When air is excessive, we may feel scattered or anxious. When deficient, inspiration and mental clarity fade.

Vayu Mudra

For Excess Air

How: Place the index finger under the thumb and gently press. Keep other fingers relaxed and extended.

Use when: Scattered thoughts, overthinking, anxiety, restlessness, excessive mental activity.

Duration: 5–10 minutes seated comfortably

Gyan Mudra / Chin Mudra

For Deficient Air

How: Touch the tip of the index finger to the tip of the thumb. Keep other fingers extended naturally.

Use when: Low inspiration, dullness, lack of mental clarity, feeling stuck or uninspired.

Duration: 5–10 minutes in meditation posture

Earth Element Mudras

Root Chakra

Earth provides grounding, stability, and foundation. When earth is deficient, we feel ungrounded and insecure. When excessive, heaviness and resistance take hold.

Prithvi Mudra

For Deficient Earth

How: Touch the tip of the ring finger to the tip of the thumb. Keep other fingers relaxed.

Use when: Feeling ungrounded, insecure, unstable, lacking foundation or support.

Duration: 5–10 minutes seated

Agni Mudra / Surya Mudra

For Excess Earth

How: Place the ring finger under the thumb and gently press. Other fingers remain relaxed.

Use when: Heaviness, lethargy, sluggishness, resistance to change or movement.

Duration: 5–10 minutes seated

Water Element Mudras

Sacral Chakra

Water represents flow, emotion, and creativity. When water is deficient, we experience emotional dryness and rigidity. When excessive, swelling and heaviness arise.

Buddhi Mudra

For Deficient Water

How: Touch the tip of the little finger to the tip of the thumb. Keep other fingers relaxed.

Use when: Emotional dryness, rigidity, low creativity, dehydration, lack of fluidity.

Duration: 5–10 minutes seated

Jalodara Nashak Mudra

For Excess Water

How: Bend the little finger under the thumb and gently press. Other fingers relaxed.

Use when: Swelling, bloating, heaviness, excess mucus, water retention.

Duration: 5–10 minutes seated

Space + Fire Mudras

Throat + Solar Plexus Chakras

Space governs expansion and connection, while fire drives transformation and willpower. Both require careful balance to support clear expression and confident action.

Space Mudras

Shunya Mudra

For Excess Space

How: Place the middle finger under the thumb and gently press. Other fingers relaxed.

Use when: Feeling ungrounded, dizzy, floating, disconnected, too scattered.

Duration: 5–10 minutes seated

Akasha Mudra

For Deficient Space

How: Touch the tip of the middle finger to the tip of the thumb. Other fingers extended.

Use when: Feeling stuck, closed, rigid, unable to expand perspective.

Duration: 5–10 minutes seated

Fire Mudras

Prithvi Mudra

For Excess Fire

How: Touch ring finger to thumb, other fingers relaxed.

Use when: Irritation, overheating, too much intensity, overdriven ambition.

Duration: 5–10 minutes seated

Kuber Mudra

For Deficient Fire

How: Touch thumb, index, and middle finger together. Keep ring and little fingers folded.

Use when: Low drive, low energy, weak digestion, lack of motivation.

Duration: 5–10 minutes with steady, focused breathing

How to Practice

01

Posture

Sit comfortably with the spine straight. You may sit on a cushion or chair, ensuring your posture is upright yet relaxed.

03

Duration

Hold each mudra for 5–10 minutes initially, and gradually work up to 20 minutes as you become more comfortable.

Quick Reference

Use this guide to quickly identify which mudra serves your current needs:

- Excess Air → Vayu Mudra
- Low Air → Gyan/Chin Mudra
- Low Earth → Prithvi Mudra
- Excess Earth → Agni/Surya Mudra
- Low Water → Buddhi Mudra
- Excess Water → Jalodara Nashak Mudra
- Excess Space → Shunya Mudra
- Low Space → Akasha Mudra
- Excess Fire → Prithvi Mudra
- Low Fire → Kuber Mudra

Let the hands guide the energy. Let the breath soften the mind.

02

Breath

Practice slow, steady, relaxed breathing throughout. Let the breath guide the practice and deepen your awareness.

04

Intention

Set a clear intention before beginning. Choose the mudra that matches what you need today.