**Yoga Head To Toe**

**Week 6: Crown Chakra**

**Focus on Mindfulness, Meditation, & Headstands!**

1. What’s your understanding of the 7th Chakra (The Crown Chakra)?
2. Have you ever experienced serenity, joy, or deep peace about life? When?
3. Do you meditate? If you do, what form of meditation do you practice? How often? How long?
4. What do you do to take care of yourself when your world seems upside down?
5. What do you believe are the benefits of a headstand in yoga?

**“According to Tantric philosophy, the seventh chakra is both a receiver and giver of energy and consciousness. It receives energy to sustain life and it gives back the personal energy to unite with the collective pool of consciousness.”**