

THE THYMUS GLAND

THE HIDDEN HEART CHAKRA



YOGA WORKBOOK

A JOURNEY INTO HEALING, LOVE, AND AWAKENING

THE THYMUS GLAND: THE HIDDEN HEART CHAKRA



YOGA WORKBOOK

ABOUT RACHEL



I am a graduate of Yoga Pura's 500hr Masters of Yoga, an 800hr RYT, 500hr E-RYT, YACEP & Yoga Nidra Facilitator.

I have been fortunate enough to teach yoga full-time, all over the world since 2004. With over 2 decades of consistent teaching behind me, I am confident & comfortable in any setting.

My classes are creatively sequenced with safe, playful movements as I've taken all of my YTT's and blended them together, creating a (sometimes) challenging, (always) engaging & safe container for my students to explore, experience & enjoy their practice.

I love teaching yoga and I hope it shows!



WELCOME TO YOUR HIDDEN HEART

Beneath your collarbone, nestled between the heart and throat, lies a small but powerful gland: the thymus. More than just a part of your immune system, the thymus is an energetic bridge—the Hidden Heart Chakra—connecting your physical heart, emotional center, and higher consciousness.

For centuries, spiritual traditions have acknowledged an energy center beyond the heart, a place where deep love, self-compassion, and spiritual wisdom converge. Science, too, recognizes the thymus as a gland of transformation—most active in childhood, it gradually shrinks as we age.

However, through yoga, breathwork, tapping, and mindful awareness, we can awaken and reignite the thymus, keeping it vibrant and strong well into adulthood.

This workbook is designed to activate, heal, and expand your thymus gland, guiding you through eight powerful sessions of movement, breath, meditation, and creative expression.

Whether you are here to deepen your heart's capacity for love, strengthen your energetic resilience, or reconnect with your inner wisdom, this journey will support you every step of the way.



WHAT TO EXPECT

Each session is carefully crafted to guide you through:

- **Pranayama** (breathwork) to clear energy and activate the thymus
- **Asana** (yoga postures) to open the heart and strengthen the body
- **Tapping** (EFT & thymus tapping) to release stuck emotions and boost immunity
- **Affirmations & journaling prompts** for self-reflection and empowerment
- **Arts & crafts activities** to deepen your connection through creative exploration
- **Meditation & visualization** to access the wisdom of your Hidden Heart

We are so glad you're here. This retreat is a safe space for self-exploration and heart healing. Whether you're a seasoned yogi or new to these practices, approach each session with a beginner's mind and an open heart. Feel free to modify any pose or exercise to suit your body's needs – honoring your comfort is key to activation.

Over the next eight sessions, we'll gently open our hearts (physically and emotionally), stimulate the thymus gland for wellness, and cultivate compassion and joy.

The sessions build on one another, but they're also effective stand-alone practices. We encourage you to fully engage: move your body, breathe deeply, tap along, repeat the affirmations out loud, get creative with the art activities, and pour your heart onto the journaling pages.

Remember, this is your journey, there is no right or wrong way to experience it. Let's embark on this heart-opening adventure together, supporting each other as a community. Take a deep breath, smile gently, and let's begin!

HOW TO USE THIS WORKBOOK

This workbook is designed to be your supportive guide throughout the retreat and beyond!

Here are some tips to make the most of it:

Bring it to Every Session

Keep the workbook with you during each yoga session and group activity. It contains the sequences and prompts we'll be working through. You can refer to the pose sequence outlines as needed, but also trust your yoga teacher's live guidance in the moment. After active practices, you'll find space to reflect and write – having the workbook handy means you can jot down insights while they're fresh.

Engage Actively

Use the workbook as a workbook! Write in it, draw in it, maybe even stick mementos or use colors if you'd like. Make it your own. For example, when you see journaling prompts, take your time to pen your honest thoughts in the space provided. When an arts & crafts exercise appears, feel free to get creative on the page – sketch, doodle, or attach a small piece of your art. This is a judgment-free zone, so let your inner child play.

Follow the Structure

Each session is laid out in a consistent structure – starting with an Asana Sequence (yoga poses), followed by Pranayama (breathwork), Tapping Practice (EFT tapping for the thymus/heart), an Affirmation, a Guided Meditation or Visualization, an Arts & Crafts activity, and finally Journaling Prompts. You can follow along in order as we go through the class. The clear headings (look for the bold or underlined titles for each section) will help you quickly find where we are. If you miss something, don't worry – you can always revisit the instructions later, since everything is written down for you.

Take Your Time

Outside of the live sessions, you might want to revisit certain exercises. Maybe one evening you feel like doing a quick thymus tapping before bed, or rereading the affirmations in the morning to start your day. The workbook is both your retreat guide and a take-home resource. Go at your own pace, if during the retreat you don't finish writing or crafting in the moment, you can always come back to it during a break or after the retreat.

Materials and Space

We've infused the workbook with earthy tones and sacred geometry in the design to create a calming vibe. If you have colored pencils, markers, or even travel watercolor sets, feel free to use them for the arts & crafts exercises or just to decorate your pages. We'll provide basic art supplies during the retreat sessions for group activities. Make sure you have a comfortable spot to write – perhaps keep a cushion handy to sit on when journaling, and a stable surface or notebook backing to press on. If you're using a digital version of this workbook (on a tablet or laptop), you might want a separate journal for writing, or you can type your reflections in a notes app.

Beyond the Retreat

The final section, "Closing & Integration," offers guidance on how to continue working with your thymus chakra after the retreat. This workbook is meant to remain a living document for you – something you can refer to weeks or months later. You might flip back to your favorite sequence on a Sunday morning, or reuse a meditation script when you need some heart-centering. So treat this book kindly and keep it somewhere special when the retreat concludes.

Enjoy the Process

This is a personal journey of self-discovery and healing. Use this workbook as a safe container for your thoughts and feelings. Write freely, create boldly, and practice sincerely. If at any point you feel overwhelmed, remember you can pause and take a breath. Discuss with Rachel or fellow participants if you need support – we're all here to support one another.



Sacred geometry accents (like the green mandala above) are woven throughout the workbook's design. These subtle visuals in gentle, earthy tones will help create a serene and focused mood as you move through each session.

Now, let's dive into the sessions and awaken that hidden heart energy!

INTENTION SETTING CEREMONY: THE HIDDEN HEART CHAKRA

Welcome, beautiful souls, to our weekend retreat! We're thrilled to dive into the mysteries of the Hidden Heart Chakra, nestled snugly in the thymus. Get ready to align your energy and body with some sweet humor and heartfelt intentions.

Setting the Scene

Imagine this: a cozy circle of like-minded friends, soft pillows, flickering candles, and the faint scent of lavender wafting through the air. Feel the love already? Great, let's get started!

Step 1: Grounding Exercise

Let's plant those energetic roots! Stand tall like the majestic trees you are. Now, wiggle your toes. Yes, you heard me. Wiggle them like they're dancing to their favorite tune. Feel the earth beneath you, holding you steady. Take a deep breath and let out a sigh of relief—you're exactly where you need to be.

Step 2: Heart Opening Meditation

Sit comfortably, close your eyes, and place your hands gently over your heart. Now, move them up an inch to your thymus. Feel that? That's where the magic happens.

Imagine a tiny fairy living in your thymus. She's sprinkling sparkly, heart-opening dust all around. Breathe deeply and let the fairy dust do its thing. Your heart (and thymus) are now glowing with love and light.

Step 3: Sharing Intentions

Let's share our intentions. Don't worry, no one's grading your paper here. Speak from the heart, or the thymus, if you will.

Example Intentions:

"I intend to let go of stress and embrace joy, even if it means dancing like no one's watching—because hopefully, no one is."

"I intend to open my heart to love, starting with myself and maybe extending to my cat, who's been giving me side-eye lately."

"I intend to balance my energy, so I stop feeling like a yoga pretzel and more like a graceful swan."

Step 4: Group Chanting

Let's make some joyful noise! We'll chant the Bija Mantra for the heart chakra: "YAM."
Pronounced as 'hum' as in humming

On the count of three, let's chant together. Ready? One, two, three: "YAAAAAM." Feel the vibration in your thymus, and let it ripple through your entire being. It's like a gentle, loving massage for your soul.

Step 5: Light-Hearted Affirmations

Now, let's sprinkle in some light-hearted affirmations. Repeat after me:

"I am a beacon of love and light, even before my morning coffee."

"My thymus is as radiant as a disco ball at Studio 54."

"I embrace joy and laughter, and I'm okay with snorting when I laugh too hard."

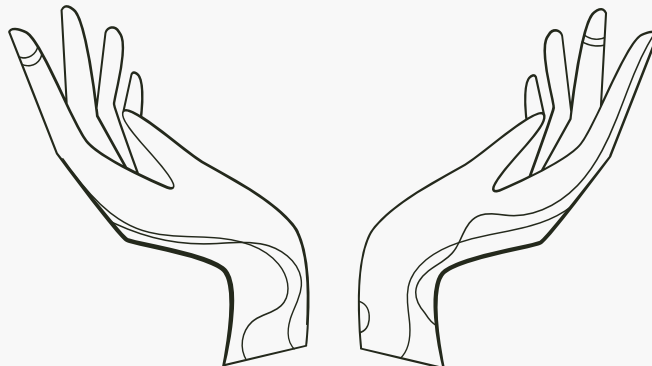
Step 6: Closing with Gratitude

Let's close our ceremony with a moment of gratitude. Place your hands back over your thymus and think of one thing you're grateful for. It could be your cozy slippers, your favorite book, or the fact that you didn't trip on your way here.

Take a deep breath in, and as you exhale, imagine sending a wave of gratitude out into the universe. Feel the warmth and love coming back to you tenfold.

Final Blessing

May your thymus be ever radiant, your heart ever open, and your weekend filled with laughter, love, and light. Namaste, and don't forget to hug a tree on your way out!



SESSION 1: AWAKENING THE HIDDEN HEART

Connecting to Your Innate Love & Joy

Your thymus gland is the gateway to deep self-love and inner wisdom, but over time, stress, emotional wounds, and societal conditioning can cause it to shrink energetically and physically.

This session is about gently waking up the thymus, reconnecting with its vibrancy, and feeling its subtle power through movement, breath, and mindful awareness.

This practice is gentle yet potent, allowing you to open the Hidden Heart Chakra with ease, safety, and joy.

Theme: Reconnecting with the Energy of Love

Pranayama: Ocean Breath + Thymus Tap Breathing

Purpose: Awakens the thymus gland, calms the nervous system, and creates an open, expansive energy.

1. Ocean Breath (Ujjayi)

- Sit comfortably or lie down with a relaxed spine.
- Inhale deeply through the nose, filling your lungs completely.
- Exhale slowly through the nose while gently constricting the throat, creating a soft “ocean wave” sound.
- Repeat for 10 rounds, feeling the breath massage your heart space.

2. Thymus Tap Breathing

- Lightly tap the center of your chest (just above the sternum) with three fingers or a loose fist.
- Inhale deeply as you tap, exhale with a soft sigh.
- Repeat for 1-2 minutes, feeling the thymus wake up.
- Pause and notice any sensations or shifts in energy.

Asana: Gentle Heart Openers

Purpose: Encourages gentle expansion of the chest, shoulders, and upper spine, activating the thymus gland and the Hidden Heart Chakra.

1. Supported Fish Pose (Matsyasana Variation)

Props: A bolster or rolled blanket

- Place the bolster/blanket along your spine and lie back so your heart opens.
- Let your arms relax at your sides, palms facing up.
- Breathe deeply for 2-3 minutes, allowing your chest to expand naturally.

2. Sphinx Pose (Salamba Bhujangasana)

- Lie on your belly, placing forearms on the mat, elbows under shoulders.
- Gently press into the mat, lifting your heart forward.
- Take 5 deep breaths, feeling your thymus area expand.

3. Cat-Cow with Props

- Sit on a bolster or folded blanket for extra support.
- Inhale: Arch the spine, lifting the chest forward.
- Exhale: Round the spine, drawing the navel in.
- Repeat 10 times, syncing with breath.

Affirmations for the Hidden Heart

Speak these affirmations aloud or write them in your journal:

“My heart is open to love.”
“I trust the wisdom of my body.”
“I am safe to expand and receive.”

Personal Affirmations

Tapping: Gentle Thymus Tapping + Guided Love Affirmations

Gently tap the thymus gland area while repeating:

“I am open to love.”

“I release fear and embrace joy.”

“I trust my heart to guide me.”

Continue for 2-3 minutes.

Arts & Crafts: Create a Personal Heart Altar

Purpose: A physical space to anchor your heart-centered energy.

Materials:

- A small candle (for heart warmth)
- A stone or crystal (rose quartz or green aventurine)
- A photo, symbol, or object that represents self-love
- A journal or intention card

Journaling Prompt

What does an open heart feel like for me?

Meditation: Guided Visualization – Meeting Your Inner Healer

- Find a comfortable seated or reclined position.
- Close your eyes and take a deep breath in . and out .
- Imagine standing before a beautiful green light, warm and inviting.
- As you step into the light, a presence emerges–your Inner Healer–a wise, loving energy that has been with you all along.
 - You ask: “What do I need to know to open my heart?”
 - Listen . What do you hear? See? Feel?
 - Take a few deep breaths, place your hands over your heart, and whisper: “Thank you.”
- Slowly return to the present moment.

Take a few moments to reflect on the meditation.

Closing Reflection & Integration

Take a few moments of stillness after your practice.

What sensations or emotions arose? What does my heart feel like now?

Optional: Draw, sketch, or collage your experience.

SESSION 2: RELEASING OLD WOUNDS

Clearing Past Hurts & Energetic Blockages

Old emotional wounds, whether conscious or unconscious, can create stagnation in the thymus gland, leading to energetic imbalances, self-protection patterns, and difficulty receiving love.

This session is designed to help you gently release past pain, clear blocked energy, and invite healing, forgiveness, and openness into your Hidden Heart Chakra.

Theme: Letting Go with Love

Pranayama: Alternate Nostril Breathing + Thymus Taps

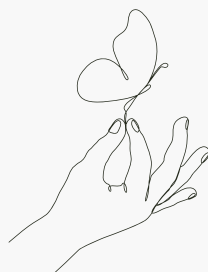
Purpose: Balances the nervous system, clears energetic congestion, and creates space for healing.

1. Nadi Shodhana (Alternate Nostril Breathing) – 3 min

- Sit comfortably, spine long.
- Place the right thumb on the right nostril, ring finger on the left nostril.
- Inhale through the left nostril, close it, exhale through the right.
- Inhale through the right nostril, close it, exhale through the left.
- Repeat for 3 minutes, feeling balance and clarity emerge.

2. Thymus Tapping for Release – 2 min

- Lightly tap the center of the chest with your fingertips.
- Inhale deeply, exhale with a sigh or audible sound.
- Repeat while affirming:
 - “I release all that no longer serves me.”
 - “I free myself from past wounds with love.”



Expanded 45–Minute Asana Practice

Purpose: Gently unraveling stored tension and opening the heart space for emotional release.

Props: Bolster, blocks, blanket

1. Grounding & Gentle Warm-Up (10 min)

Seated Forward Fold (Paschimottanasana) – 3 min

- Sit with legs extended, fold forward, resting on a bolster if needed.
- Breathe deeply, softening any resistance.

Seated Spinal Twists – 2 min per side

- Cross legs, twist gently to one side, inhale to lengthen, exhale to deepen.
- Repeat on the other side, releasing tension in the spine.

Thread the Needle Pose – 3 min

- Come to all fours, slide one arm under the other, resting on the shoulder.
- Relax and breathe, feeling a gentle release through the shoulders and upper back.



2. Heart & Shoulder Release Flow (20 min)

Focus: Unwinding stored tension in the shoulders, upper back, and thymus region.

Low Lunge with Shoulder Opener – 3 min per side

- Step one foot forward, hands on thigh or interlace fingers behind back.
- Open chest, release tension in the front body.

Eagle Arms in Seated Pose – 3 min

- Sit tall, cross arms, bringing palms or backs of hands together.
- Breathe into the upper back, unraveling stored emotions.

Bridge Pose (Setu Bandhasana) – 2 min

- Lie on your back, press feet into the mat, lift hips, interlace fingers beneath you.
- Open heart and chest, breathe deeply.

Expanded 45–Minute Asana Practice

Supported Fish Pose – 3 min

- Place a bolster or rolled blanket under the upper back, letting the chest expand naturally.



3. Deep Release & Integration (15 min)

Reclined Twists – 3 min per side

- Lie down, twist knees to one side, gaze in the opposite direction.
- Release deep-seated emotions stored in the spine.

Savasana with Hand on Heart – 5 min

- Lie flat, place one hand on heart, one on belly.
- Feel the breath soften as you let go completely.



Affirmations for Emotional Release

Speak these aloud or write them in your journal:

“I release the past with love.”

“I free my heart from old pain.”

“I trust that healing is happening now.”

Take a few moments of stillness after your practice to journal.

Tapping: EFT for Emotional Release

Tap gently on the thymus while repeating:

“Even though I have held onto this pain,
I deeply and completely love and accept myself.”

“I choose to let go with ease and grace.”

“I open my heart to healing and peace.”

Repeat for 2-3 minutes or until a sense of relief emerges.



Arts & Crafts: Fire Release Ritual

Purpose: A symbolic way to release past wounds and create energetic space for healing.

Instructions:

- Write a release letter to someone, a past version of yourself, or a situation that still lingers in your heart.
- Read it aloud, then safely burn it (or tear it into small pieces if fire isn't an option).
- As you watch the flames (or the paper dissolve), say:
 - "I release this with love. My heart is free."

Journaling Prompt

**What do I feel ready to let go of?
How does releasing this help me grow?**



Meditation: Body Scan with Loving-Kindness

Purpose: Bringing awareness to the body and offering gentle self-compassion.

Guided Visualization:

- Close your eyes, breathe deeply.
- Imagine a warm, golden light starting at your feet, moving slowly upward, scanning each part of your body.
- As the light moves over the thymus, pause. Breathe into this space, letting any remaining tension dissolve.
- Whisper to yourself:
 - “I am whole, I am loved, I am free.”

Take a few moments to reflect on the meditation.

Closing Reflection & Integration

Take a few moments of stillness after your practice.

What emotions surfaced? How does my heart feel now?

Optional: Draw or paint your emotional release experience.

SESSION 3:

THE COURAGE TO BE SEEN

Opening to Vulnerability & Strength

Many of us have learned to hide parts of ourselves—our emotions, voices, and true desires—out of fear of judgment or rejection. When we suppress self-expression, the thymus and heart center contract, limiting our ability to share love and receive it fully.

This session is designed to break through fear, build confidence, and cultivate heart-centered strength. Through powerful heart-opening postures, breathwork, and self-expression practices, we awaken the courage to be seen and fully embraced.

Theme: Stepping into Your Authentic Power

Pranayama: Lion's Breath + Thymus Power Breath

Purpose: Releases fear, clears stagnation, and energizes self-expression.

Props: Blocks, bolster, strap (optional)

1. Centering & Gentle Warm-Up (2-3 min)

- Find a comfortable seated or kneeling position.
- Place one hand on the heart and one on the thymus.
- Inhale deeply through the nose, exhale with a sigh through the mouth. Repeat three times.
- Lightly tap the thymus with fingertips in a rhythmic pattern (stimulating the gland).



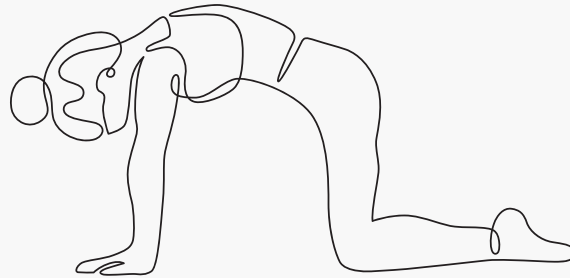
2. Pranayama: Lion's Breath (Simhasana) (3-4 min)

- Sit comfortably, bring hands to knees, fingers spread wide like a lion's paws.
- Inhale deeply through the nose.
- Open the mouth wide, stick out the tongue, and exhale forcefully while making a "haaaah" sound.
- Engage the eyes: Gaze at the third eye or tip of the nose.
- Repeat 4-6 rounds, then return to natural breathing.

Pranayama: Lion's Breath + Thymus Power Breath

3. Thymus Power Breath (3-4 min)

- Sit or stand tall, shoulders relaxed.
- Inhale deeply through the nose, drawing energy into the thymus.
- Hold the breath for a moment while pressing or tapping the thymus gently with fingertips.
- Exhale sharply through the mouth with an audible “HAAA” sound, imagining energy radiating from the thymus.
- Repeat 6-8 times.
- End by placing both hands over the thymus, breathing naturally, and noticing the sensation.
- Breathe gently and sit in stillness for a few moments.



Purpose: Expanding the heart, strengthening inner resolve, and embracing confidence.

Props: Blocks, bolster, strap (optional)

1. Warm-Up: Grounding & Awakening (10 min)

Child's Pose with Heart Opener – 3 min

- Knees wide, arms extended, forehead resting on stacked fists or the mat.
- Focus on expanding the breath into the back of the heart.

Seated Side Bends & Twists – 3 min

- Extend one arm overhead, stretching side body.
- Rotate into a gentle spinal twist to wake up the energy flow.

Cat-Cow with Open-Heart Emphasis – 3 min

- Inhale, arch the back, lift the chest, gaze up.
- Exhale, round the spine, draw the belly in.
- Repeat for 10 slow rounds.

2. Power & Vulnerability Standing Flow (20 min)

Focus: Expanding the heart while cultivating strength and confidence.

Crescent Lunge with Heart Lift – 3 min per side

- Step one foot forward into a deep lunge.
- Inhale, reach arms overhead, lift chest.
- Optional: Interlace hands behind back for deeper opening.

Warrior II (Virabhadrasana II) – 2 min per side

- Ground into your feet, extend arms strong and wide.
- Focus your gaze forward with confidence.

Dancer's Pose (Natarajasana) – 2 min per side

- Stand on one leg, reach the opposite foot behind, grabbing it with your hand.
- Extend the other arm forward, finding balance and openness.

Wild Thing (Camatkarasana) – 2 min per side

- From Downward Dog, flip one leg behind, opening into a backbend.
- Expand the heart, feeling radiant and free.

Camel Pose (Ustrasana) – 3 min

- Kneeling, place hands on lower back or blocks behind you.
- Lift through the heart, gently opening the front body.
- Breathe deeply, expanding into vulnerability and strength.



3. Deep Release & Integration (15 min)

Focus: Softening into openness and self-acceptance.

Seated Forward Fold (Paschimottanasana) – 3 min

- Fold over the legs, surrendering any lingering fears.

Reclined Twist – 3 min per side

- Lie down, twist knees to one side, breathing into the heart.

Pranayama: Lion's Breath + Thymus Power Breath

Supported Fish Pose – 3 min

- Lie back over a bolster, arms open wide.
- Let gravity open the chest and shoulders effortlessly.

Savasana (Final Rest) – 5 min

- Lie down, one hand on heart, one on belly.
- Absorb the practice, feeling empowered and seen.



Affirmations for Confidence & Authenticity

Speak these aloud or write them in your journal:

“I am safe to be seen and heard.”

“I embrace my truth with confidence.”

“I radiate love and authenticity.”

Take a few moments of stillness after your practice to journal.

Tapping: Heart & Solar Plexus Activation

Tap lightly over the thymus and solar plexus while repeating:

“I release fear of being seen.”

“I stand in my truth with strength and grace.”

“I am confident, radiant, and free.”

Repeat for 2-3 minutes, noticing shifts in energy.



Arts & Crafts: Create a Personal Power Talisman

Purpose: A tangible reminder of your strength and authenticity.

Instructions:

- Choose an object that symbolizes confidence (stone, pendant, small figure).
- Hold it in your hands and infuse it with your intention.
- Whisper or write an affirmation to charge it with your energy.
- Keep it as a reminder of your courage to be seen.

Journaling Prompt

What does it feel like to express my true self?



Meditation: Confidence & Self-Worth Activation

Purpose: Strengthening the connection between the heart and personal power.

Guided Visualization:

- Close your eyes, breathe deeply.
- Imagine standing on a radiant golden stage, bathed in warm light.
- See yourself confident, strong, unapologetically YOU.
- Notice the energy in your heart expanding outward.
- Whisper:
 - “I am seen. I am loved. I am free.”

Take a few moments to reflect on the meditation.

Closing Reflection & Integration

Take a few moments of stillness after your practice.

What emotions surfaced? How does my heart feel now?

Optional: Draw or paint your empowered heart energy.

SESSION 4: DEEP COMPASSION – LOVING YOURSELF & OTHERS

Expanding the Heart's Capacity for Love

True compassion begins within. Many of us give love freely to others but struggle to direct that same warmth toward ourselves. The thymus gland thrives on love, joy, and emotional balance. When we cultivate self-compassion, we strengthen our ability to give and receive love without depletion.

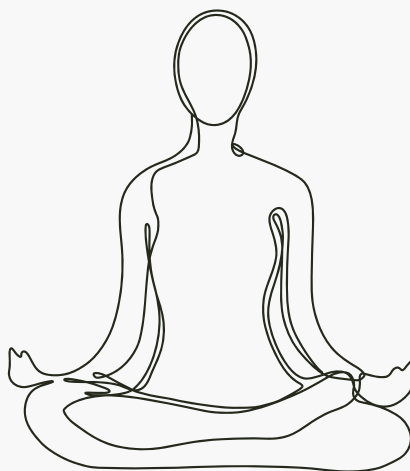
This session is about softening, receiving, and opening to deep self-acceptance and connection with others.

Theme: Cultivating Unconditional Love

Pranayama: Brahmari (Bee Breath) for Compassion

Purpose: Calms the mind, reduces stress, and activates the thymus gland's vibration.

- Sit comfortably with a long spine.
- Close your eyes, relax shoulders.
- Inhale deeply, then exhale while humming like a bee (mmm sound).
- Feel the vibration in the chest and throat.
- Repeat for 10 rounds, letting the sound resonate in the thymus.



Expanded 45–Minute Asana Practice

Purpose: Slow, nourishing poses that open the heart while cultivating safety, softness, and self-love.

Props: Bolster, blocks, strap

1. Grounding & Heart Awareness (10 min)

Seated Heart Opening (Sukhasana with Chest Expansion) – 3 min

- Sit cross-legged, interlace fingers behind the back.
- Inhale, lift the chest, exhale, soften.

Seated Forward Fold (Paschimottanasana) – 3 min

- Extend legs forward, fold gently over them.

Thread the Needle Pose – 2 min per side

- From all fours, slide one arm under the other, resting on the shoulder.



2. Heart-Expanding Yin Flow (20 min)

Focus: Softening into the heart space, releasing resistance, and inviting deep compassion.

Low Lunge with Heart Lift – 3 min per side

- Step one foot forward into Anjaneyasana (Low Lunge).
- Inhale, reach arms overhead, lifting the heart.

Supta Baddha Konasana (Reclined Butterfly) – 5 min

- Lie back on a bolster with soles of feet together, knees wide.

Melting Heart Pose (Anahatasana) – 3 min (Replacing Child's Pose)

- From all fours, slide hands forward, keeping hips stacked over knees.
- Lower the chest and chin (or forehead) toward the mat.
- Allow the heart to melt toward the earth, surrendering fully.

Expanded 45–Minute Asana Practice

Supported Fish Pose (Matsyasana) – 4 min

- Lie back over a bolster, arms wide, chest lifted.

Sphinx Pose – 3 min

- Prop up on forearms, lifting gently through the chest.



3. Deep Integration & Release (15 min)

Focus: Absorbing the energy of compassion and love.

Reclined Twists – 3 min per side

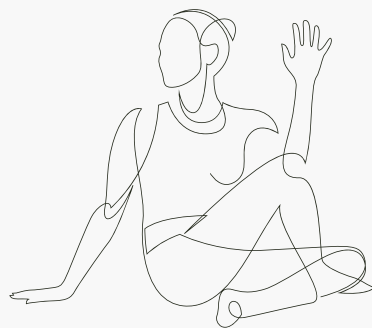
- Lie down, twist knees to one side, gaze in the opposite direction.

Legs Up the Wall Pose (Viparita Karani) – 5 min

- Rest legs against a wall or bolster.

Savasana with Hand on Heart – 5 min

- One hand on heart, one on belly.
- Absorb the practice, feeling deep compassion flow within.



Affirmations for Self-Love & Compassion

Speak these aloud or write them in your journal:

“I am worthy of love.”

“I treat myself with kindness and care.”

“I radiate love and receive love effortlessly.”

Take a few moments of stillness after your practice to journal.

Tapping: Thymus + Heart Meridian Activation

Tap lightly over the thymus while repeating:

“I welcome love into my heart.”

“I forgive myself and others with ease.”

“I am open to deep, unconditional love.”

Repeat for 2-3 minutes until the heart feels light and expansive.



Arts & Crafts: Write a Letter to Your Inner Child

Purpose: Connecting with the purest, most loving version of yourself.

Instructions:

- Find a photo of yourself as a child or close your eyes and visualize them.
- Write a love letter to that younger version of yourself.
- Offer words of comfort, validation, and unconditional love.
- Read the letter aloud, placing your hands over your heart.

Journaling Prompt

What does my inner child need to hear from me today?



Meditation: Loving-Kindness Meditation (Metta)

Purpose: Expanding compassion outward to yourself and others.

Guided Visualization:

- Close your eyes and breathe deeply.
- Imagine a golden light radiating from your heart.
- Whisper:
 - “May I be happy. May I be healthy. May I be safe. May I be loved.”
- Visualize this light expanding outward to:
 - Someone you love (May they be happy.)
 - A stranger (May they be happy.)
 - Someone who has challenged you (May they be happy.)
 - The entire world (May all beings be happy, safe, and free.)
- Sit in silence for a few moments, feeling the warmth of universal love.

Take a few moments to reflect on the meditation.

Closing Reflection & Integration

Take a few moments of stillness after your practice.

How does my heart feel after cultivating deep compassion?

Optional: Draw or paint an image of your radiant heart energy.

SESSION 5:

EXPRESSING YOUR HEART'S TRUTH

Throat-Heart Connection – Speaking from Love

The thymus sits between the heart and throat chakras, making it a bridge between love and expression. When we suppress our truth—out of fear, shame, or self-doubt—this connection becomes blocked, leading to throat tension, shallow breathing, and unspoken emotions.

This session is about freeing your voice, opening the heart, and expressing your deepest truth with confidence and love.

Theme: Owning Your Voice with Confidence

Pranayama: Throat Chakra Breathwork (Humming + Deep Throat Release)

Purpose: Clears tension in the throat and heart, promoting fluid self-expression.

1. Humming Breath – 3 min

- Inhale deeply through the nose.
- Exhale with a long humming sound (mmmmmm).
- Feel the vibration in your throat and chest.



2. Lion's Breath – 2 min

- Inhale deeply through the nose.
- Exhale through the mouth with a strong “HA” sound, sticking out the tongue.
- Release any tension, fear, or blocked emotions.

Expanded 45–Minute Asana Practice

Purpose: Opening the heart, softening the throat, and strengthening the connection between what we feel and what we express.

Props: Bolster, blocks, strap

1. Grounding & Gentle Warm-Up (10 min)

Seated Neck & Shoulder Rolls – 3 min

- Roll the head side to side, releasing tension in the throat.
- Shrug shoulders up and down, letting go of tightness.

Seated Side Bends & Twists – 3 min

- Stretch one arm overhead, feeling openness in the side body and ribs.
- Rotate into a gentle spinal twist to free blocked energy.

Cat-Cow with Throat Expansion – 3 min

- Inhale, lift the heart, tilt the chin slightly upward.
- Exhale, round the spine, gently tucking the chin.
- Repeat for 10 slow rounds, feeling fluidity in the throat and chest.



2. Flow for Expression & Release (20 min)

Focus: Activating both the heart and throat chakras while building courage.

Low Lunge with Heart & Throat Lift – 3 min per side

- Step one foot forward into Anjaneyasana (Low Lunge).
- Inhale, reach arms overhead, gently tilting the chin upward.
- Exhale, sink deeper, letting go of stored emotions.

Warrior I with Open Arms – 2 min per side

- From Low Lunge, square the hips, raise arms overhead.
- Open the arms wide like wings, exposing the heart.

Expanded 45–Minute Asana Practice

Reverse Warrior – 2 min per side

- Flow into Reverse Warrior, stretching the side body.
- Keep the throat and heart open as you gaze upward.

Puppy Pose (Anahatasana) – 3 min

- From all fours, slide hands forward, lowering chest to the mat.
- Let the throat and heart soften into surrender.

Supported Fish Pose – 5 min (Final heart opener in this sequence)

- Lie back over a bolster, arms wide, chest lifted.
- Allow deep, relaxed breathing into the heart and throat.



3. Deep Integration & Release (15 min)

Focus: Relaxing into authentic presence and absorbing the practice.

Reclined Twists – 3 min per side

- Lie down, twist knees to one side, gaze in the opposite direction.

Legs Up the Wall Pose – 5 min

- Rest legs against a wall or bolster.

Savasana with Hand on Throat & Heart – 5 min

- One hand on throat, one on heart.
- Absorb the practice, feeling aligned and expressive.

Affirmations for Speaking Your Truth

Speak these aloud or write them in your journal:

“I speak my truth with love and confidence.”

“My voice is strong, clear, and authentic.”

“I express myself with ease and grace.”

Take a few moments of stillness after your practice to journal.

Tapping: Heart to Throat Connection

Tap lightly on the thymus, then the throat, back and forth while repeating:

“I trust my voice.”

“It is safe for me to speak my truth.”

“I am heard, seen, and understood.”

Repeat for 2-3 minutes, noticing shifts in energy.



Arts & Crafts: Write a Love Letter to Yourself (To Be Read Aloud)

Purpose: Strengthening self-expression and self-love.

Instructions:

- Write a love letter to yourself as if you were writing to a dear friend.
- Speak to your strengths, beauty, and resilience.
- Read the letter out loud, letting yourself fully receive the words.

Journaling Prompt

**What truth have I been afraid to speak?
How can I express myself more freely?**



Meditation: Sacred Sound Vibration – Chanting for Heart Openness

Purpose: Using sound as healing energy to balance the throat and heart chakras.

Guided Sound Meditation:

- Sit comfortably, hands on heart and throat.
- Inhale deeply, then chant:
 - “YAM” (Heart Chakra) – Feel the vibration in the chest.
 - “HAM” (Throat Chakra) – Feel the vibration in the throat.
- Repeat for 5 minutes, letting the sounds resonate through your body.

Take a few moments to reflect on the meditation.

Closing Reflection & Integration

Take a few moments of stillness after your practice.

What truth am I ready to express? How does my heart feel now?

Optional: Draw or paint an image representing your voice and heart energy.

SESSION 6: ENERGETIC PROTECTION & BOUNDARIES

Strengthening the Thymus as a Shield Against Negativity

The thymus gland is not just a center for love and connection—it's also a powerful protector of your energy field. When the thymus is strong and balanced, we can set boundaries with clarity and compassion without shutting down our hearts.

This session will help you fortify your energy, build resilience, and create a protective field around your heart, ensuring that love flows inward and outward without depletion.

Theme: Grounded, Strong, and Open-Hearted

Pranayama: Shielding Breath + Thymus Drumming

Purpose: Creates a strong, grounded presence while reinforcing energetic boundaries.

1. Shielding Breath - 3 min

- Sit comfortably, close your eyes.
- Inhale deeply, imagining pure white light filling your chest.
- Exhale, visualizing a protective energetic shield expanding around you.
- Repeat for 10 rounds, feeling your presence grow stronger.



2. Thymus Drumming - 2 min

- Lightly drum the thymus with cupped hands, creating a rhythmic vibration.
- Feel the resonance wake up your inner strength.
- Continue for 2 minutes, allowing the rhythm to ground you.

Creative 45-Minute Asana Practice

Purpose: Grounding and strengthening while maintaining an open heart.

Props: Blocks, strap (optional)

1. Rooting & Activation (10 min)

Focus: Establishing a stable base before expanding outward.

Prone Forearm Plank (Makara Adho Mukha Svanasana) – 2 min

- Engage the core, pressing firmly into the forearms.
- Feel the strength in your solar plexus as you breathe deeply.

Downward Dog with Shoulder Rolls – 2 min

- From Downward Dog, roll shoulders forward and back slowly.
- Bring awareness to energetic expansion and contraction.

Tiger Pose (Vyaghrasana) – 3 min per side

- From all fours, inhale, extend one leg back, opposite arm forward.
- Exhale, curl knee to chest, round the spine.
- Repeat 5 slow rounds per side, syncing with breath.



2. Strengthening & Protection Flow (20 min)

Focus: Dynamic, grounding movements that cultivate strength and boundary-setting energy.

Pyramid Pose with Eagle Arms – 3 min per side

- Step into Pyramid Pose (Parsvottanasana), folding over the front leg.
- Cross the arms into Eagle Arms (Garudasana Arms).
- Hold for 5 breaths, feeling strong and steady.

Creative 45-Minute Asana Practice

Skandasana to Floating Side Plank – 3 min per side

- Shift side to side in Skandasana (Side Lunge).
- Lift into Floating Side Plank, hovering one leg off the mat.
- Engage core and breathe deeply into your power.

Reclining Hero Pose (Supta Virasana) – 4 min

- Sit on your heels, slowly recline back onto elbows or all the way down.
- Let the front body expand, maintaining a sense of strength and surrender.



3. Grounding & Integration (15 min)

Focus: Anchoring the energy while reinforcing protection.

Seated Deer Pose (Mrigasana) – 3 min per side

- Sit with one leg bent in front, one leg bent behind.
- Twist gently toward the back leg, opening the heart.
- Breathe into the lower body for deep stability.

Constructive Rest Pose – 5 min

- Lie on the back, knees bent, feet on the mat.
- Let the body absorb the practice.

Savasana with Energetic Shielding Visualization – 5 min

- Imagine a golden light surrounding your entire body.
- Repeat silently: “I am safe. My heart is protected, yet open.”

Affirmations for Boundaries & Strength

Speak these aloud or write them in your journal:

Speak these affirmations aloud or write them in your journal:

“My energy is protected, yet my heart remains open.”

“I set boundaries with love and confidence.”

“I stand strong in my truth.”

Take a few moments of stillness after your practice to journal.

Tapping: Shielding & Strengthening the Thymus

Tap firmly on the thymus while repeating:

“I am grounded, strong, and centered.”

“I allow only loving, supportive energy into my space.”

“My heart remains open while my energy stays protected.”

Repeat for 2-3 minutes, noticing shifts in energy.



Arts & Crafts: Crafting a Protection Amulet or Bracelet

Purpose: A tangible symbol of your energetic boundaries.

Instructions:

- Choose stones, beads, or symbols that feel protective (e.g., obsidian, black tourmaline, tiger's eye).
- Thread them onto a bracelet or carry one as a talisman.
- Hold it to your chest, whispering:
 - "May this amulet protect my energy while keeping my heart open."

Journaling Prompt

**Where do I need stronger boundaries in my life?
How can I set them with love?**



Meditation: Creating an Energetic Shield Around Your Heart

Purpose: Strengthening your energetic field while keeping the heart open.

Guided Visualization:

- Close your eyes and place one hand over the thymus gland.
- Inhale, envision a soft, golden sphere expanding from your heart.
- Exhale, see this sphere forming a gentle, protective shield around you.
- Whisper:
 - “My heart is open, yet I am safe. My energy is strong, yet soft.”

Take a few moments to reflect on the meditation.

Closing Reflection & Integration

Take a few moments of stillness after your practice.

Where in my life am I ready to reinforce my boundaries?

Optional: Draw or paint your energetic shield.

SESSION 7: JOYFUL EMBODIMENT & EXPANSION

Moving Through Life with Radiance

When we feel burdened by life's challenges, the thymus gland can contract energetically, making it harder to access spontaneity, creativity, and lightheartedness. This session is all about breaking free from heaviness and rediscovering joyful movement that radiates from the heart.

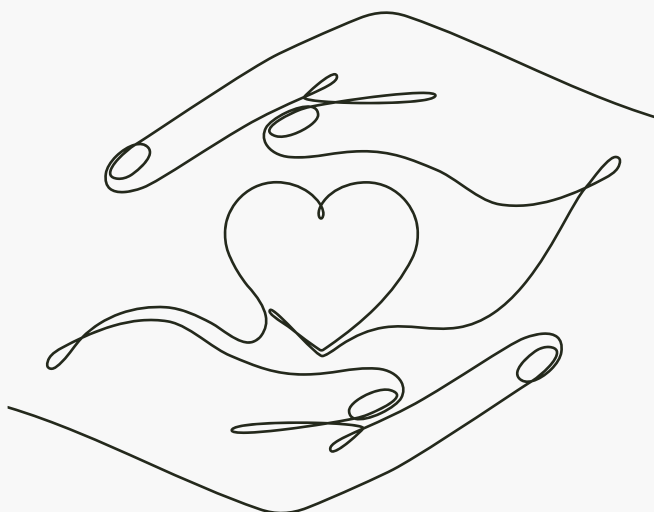
Through playful postures, dynamic transitions, and breath-infused movement, you'll experience the pure joy of embodiment, self-expression, and limitless expansion.

Theme: Cultivating Lightness, Play, and Full-Body Joy

Pranayama: Kapalabhati (Skull Shining Breath) for Vitality

Purpose: Clears stagnant energy, uplifts mood, and ignites inner joy.

- Sit comfortably, spine long.
- Inhale deeply through the nose.
- Exhale forcefully and rhythmically through the nose, engaging the belly.
- Continue for 30 rounds, then pause and feel the vibrancy within.



Creative 45–Minute Asana Practice

Purpose: Playful, heart-opening, and expansive movements that cultivate lightness and joy.

Props: None required, but a strap may be helpful for balance postures.

1. Awakening & Energizing (10 min)

Focus: Warming up the spine, shoulders, and heart space with dynamic movement.

Standing Spinal Rolls – 2 min

- Stand tall, soften knees, roll down one vertebra at a time.
- Inhale, slowly roll back up, arms sweeping overhead.
- Repeat 5 rounds, feeling fluid and weightless.

Quadruped Hip Circles – 3 min

- From all fours, move hips in big, exaggerated circles.
- Let this movement be free and intuitive.

Wild Cat Pose (Vrksha Vyaghrasana) – 3 min per side

- From all fours, extend one leg back, opposite arm forward.
- Bend the back knee and reach for the foot, arching the spine.
- Hold, breathe, and feel the expansion through the heart.



2. Joyful Flow & Heart Expansion (20 min)

Focus: Light-hearted yet strong movements that feel expressive and freeing.

Dancing Camel Pose – 3 min

- Kneeling, lift one arm overhead, arching into a side backbend.
- Flow side to side, alternating arms, keeping movement fluid.

Lizard Lunge with Arm Circles – 3 min per side

- Step one foot forward into Lizard Pose.
- Sweep one arm in large circles, opening the chest dynamically.

Creative 45-Minute Asana Practice

Flying Gate Pose (Parighasana Variation) – 3 min per side

- From kneeling, extend one leg out to the side.
- Reach opposite arm overhead, side bending into the extended leg.
- Option: Lift the extended foot for balance!

Wild Thing into Fallen Star – 3 min per side

- Start in Wild Thing (Camatkarasana), expanding the heart.
- Slowly transition into Fallen Star Pose, extending one leg under the body.

Half Moon to Sugarcane Pose – 3 min per side

- From Half Moon (Ardha Chandrasana), bend the back leg.
- Reach for the foot, transitioning into Sugarcane Pose (Ardha Chandra Chapasana).
- Feel the playfulness of balance and openness.



3. Integration & Radiance (15 min)

Focus: Absorbing the energy of joy, ease, and expansion.

Happy Baby Pose with Rocking – 3 min

- Lie on the back, grab the outer edges of feet.
- Rock side to side, feeling playful and free.

Supine Twist with Starfish Arms – 3 min per side

- Twist knees to one side, but extend arms wide like a starfish.
- Breathe into the freedom of full-body openness.

Floating Savasana – 5 min

- Place a rolled blanket under the back of the heart.
- Let arms fall open, palms facing the sky.
- Feel the expansion of effortless joy.

Affirmations for Radiance & Playfulness

Speak these aloud or write them in your journal:

Speak these affirmations aloud or write them in your journal:

“I move through life with joy and ease.”

“My heart is light, my spirit is free.”

“I radiate happiness from within.”

Take a few moments of stillness after your practice to journal.

Tapping: Joy Activation Points

Tap lightly on the thymus while smiling and repeating:

“I welcome joy into my life.”

“I allow myself to be playful and free.”

“Happiness is my natural state.”

Repeat for 2-3 minutes, feeling joyful energy rise.

Arts & Crafts: Painting Your Heart's Energy (Intuitive Art)

Purpose: Expressing joy and expansion visually.

Instructions:

- Grab watercolors, pastels, or colored pencils.
- Without overthinking, paint or draw what joy FEELS like in your body.
- Use colors and shapes that represent your inner radiance.
- Reflect: What does joy look like for me?

Journaling Prompt

**When was the last time I felt completely free and joyful?
How can I bring that feeling into my life more often?**



Meditation: Guided Dance Visualization – Moving from the Heart

Purpose: Connecting movement and joy in an intuitive, embodied way.

Guided Movement Meditation:

- Close your eyes, place hands over your thymus and heart.
- Imagine a golden light swirling in your chest.
- Let this light guide you into gentle, spontaneous movement.
- If you feel called, stand up and let your body move freely.
- Whisper:
 - “I am free. I am light. I am joy.”

Take a few moments to reflect on the meditation.

Closing Reflection & Integration

Take a few moments of stillness after your practice.

What part of this session made me feel the most joyful?

Optional: Dance, laugh, or shake it out before moving on!

SESSION 8: INTEGRATION & TRANSFORMATION

Anchoring the Hidden Heart's Power in Daily Life

This final session is not an ending—it's a beginning. The thymus, the Hidden Heart Chakra, has been activated, expanded, and strengthened throughout this journey. Now, we focus on anchoring this energy into the body so it becomes second nature—something you carry with you in every breath, every movement, and every interaction.

This session will help you:

- Absorb & integrate all previous sessions into a cohesive whole.
- Deeply root your energy so you feel stable, yet expansive.
- Step into the next phase of your journey with clarity and empowerment.

Theme: Embodying Your Radiance & Carrying It Forward

Pranayama: Deep Gratitude Breath

Purpose: Sealing the practice with a profound sense of appreciation, wholeness, and presence.

- Place one hand on your thymus and the other on your belly.
- Inhale deeply through the nose, filling your chest with gratitude.
- Exhale slowly through the mouth, releasing with a soft “ahhh.”
- Repeat for 10 rounds, letting gratitude permeate your entire being.



Creative 45-Minute Asana Practice

Purpose: A seamless flow of movement that embodies everything you've cultivated—grace, strength, joy, openness, and wisdom.

Props: Bolster, strap, optional blanket for closing postures.

1. Rooting & Awakening (10 min)

Focus: Grounding into the body while feeling open and expansive.

Standing Hip Circles (Pratyasha Flow) – 2 min

- Stand tall, feet hip-width apart.
- Begin slow, fluid circles with the hips, feeling rooted yet free.

Half Sun Salutation with Intention – 3 rounds

- Flow through a gentle sun salutation while silently setting an intention for life beyond this retreat.

Kneeling Warrior's Breath (Virasana with Breath Expansion) – 3 min

- Sit on heels, arms at sides.
- Inhale, sweep arms overhead, expanding the heart.
- Exhale, bring hands back to heart, sealing the energy inward.



2. The Embodiment Flow (20 min)

Focus: Creative transitions, soulful movement, and deep heart activation.

Floating Goddess Pose (Utkata Konasana Variation) – 3 min

- Stand wide, bend knees into Goddess Pose.
- Gently pulse up and down, feeling light and powerful at the same time.
- Imagine lifting your heart upward while staying deeply grounded.

Twisting High Lunge with Sky Reach – 3 min per side

- Step into High Lunge, twist the torso open.
- Extend one arm toward the sky, opening the heart while rooting into the earth.

Creative 45-Minute Asana Practice

Revolved Half Moon (Parivrtta Ardha Chandrasana) – 3 min per side

- From Warrior III, twist the torso open, extending one arm toward the sky.
- Engage core and thymus energy to feel strong yet free.

Camel Pose with Flowing Arms – 3 min

- Kneel in Ustrasana (Camel Pose), lifting the heart.
- Inhale, reach arms overhead, exhale, let them float down like wings.

Seated Swan Pose (Agnistambhasana Variation) – 3 min per side

- Sit with ankles stacked over knees like a fire log shape.
- Fold forward gently, breathing into both the hips and heart.



3. Closing & Integration (15 min)

Focus: Surrendering, receiving, and anchoring.

Waterfall Pose (Viparita Karani with Arm Movements) – 5 min

- Lie down with legs up the wall.
- Flow arms side to side in slow, wave-like movements.

Reclined Heart Offering (Matsyasana Variation) – 3 min

- Lie over a bolster, allowing the chest to fully expand.
- Imagine your heart offering all it has received to the universe.

Final Savasana – 7 min

- Lie flat, palms facing up, fully surrendering.
- Let the body absorb the journey.

Affirmations for Integration & Expansion

Speak these aloud or write them in your journal:

Speak these affirmations aloud or write them in your journal:

“I carry the wisdom of my Hidden Heart into all that I do.”

“I am both grounded and limitless.”

“I trust my heart’s path and follow it with joy.”

Take a few moments of stillness after your practice to journal.

Tapping: Full-Body Energy Integration

**Tap gently on the thymus, then the heart, belly,
and solar plexus while repeating:**

“I integrate all that I have learned.”

“My energy flows freely and fully.”

“I am whole, empowered, and complete.”

Repeat for 2-3 minutes, letting everything settle into your body.

Arts & Crafts: Creating a Personalized Sacred Heart Mantra

Purpose: A final, sacred mantra to take forward into your life.

Instructions:

- Reflect on everything you've experienced through this journey.
- Write a personal mantra that represents your Hidden Heart Activation.
- Decorate it with symbols, drawings, or sacred words.
- Keep it somewhere special—as a reminder of your expansion.

Journaling Prompt

**What message does my Hidden Heart have for me
as I step into the next chapter?**



Meditation: Journey into the Future – Seeing Yourself in Full Alignment

Purpose: A powerful closing visualization to see yourself thriving, heart-led, and in full energetic flow.

Guided Future-Self Visualization:

- Close your eyes, place hands over your thymus and heart.
- Imagine stepping into your future self—radiant, grounded, fully aligned.
- See this future version of you moving through life with love, clarity, and grace.
- Whisper:
 - “I trust my heart’s wisdom. I am ready.”

Take a few moments to reflect on the meditation.

Closing Reflection & Completion Ritual

Take a final deep breath in—holding gratitude for this journey.

What transformation have I experienced? How will I carry this forward?

Seal the practice with a silent moment of appreciation.



THE JOURNEY CONTINUES

The thymus gland is more than a forgotten organ, it is a key to deep healing, vitality, and spiritual expansion.

By incorporating yoga, breathwork, meditation, and affirmations into your practice, you can awaken this sacred center and step into a life of greater joy, health, and magic.

Let your hidden heart shine! Your Hidden Heart is awake. Now, you carry it forward.

Thank you for showing up for yourself with such courage and openness. It has been my honor to guide you through this journey of the hidden heart.

Always remember – the practice continues, and your thymus (higher heart) will keep guiding you if you listen.

Keep tapping, keep breathing, keep loving. Jai Bhagwan.

With all my love and extra sparkles,

Rachel Walsh

CHAKRA RAE YOGA
ALL KINDS OF YOGA FOR ALL KINDS OF PEOPLE