

# Crown Chakra

Sahasrara - Spirituality

Location: The Very Top Of Head

Color: Purple

Element: None

Meaning: Lifts and inspires you

Mantra: Om

Crystals: Amethyst, Quartz, Moonstone

Yoga Pose: Lotus Pose



# Crown Chakra

Sahasrara - Spirituality



# Crown Chakra

Sahasrara - Spirituality  
Yoga Pose - Lotus Pose



# Third Eye Chakra

Ajna - Awareness

Location: Between The Eyes

Color: Dark Blue / Purple

Element: Light

Meaning: A state of enlightenment

Mantra: Aum

Crystals: Sodalite, Labradorite, Apatite

Yoga Pose: Dolphin Pose



# Third Eye Chakra

Ajna - Awareness



# Third Eye Chakra

Ajna - Awareness  
Yoga Pose - Dolphin Pose



# Throat Chakra

Vishuddha - Communication

Location: The Throat

Color: Light Blue

Element: Ether

Meaning: Speak your truth

Mantra: Ham

Crystals: Lapis Lazuli, Kyanite, Angelite

Yoga Pose: Cobra Pose



# Throat Chakra

Vishuddha - Communication

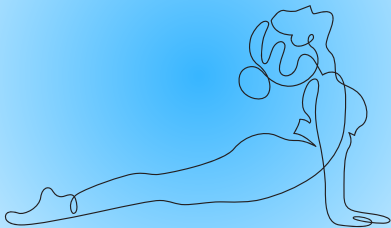




# Throat Chakra

Vishuddha - Communication

Yoga Pose - Cobra Pose



# Heart Chakra

Anahata - Love, Healing

Location: The Centre Of The Chest

Color: Green

Element: Air

Meaning: Compassion, Empathy, Forgiveness

Mantra: Yam

Crystals: Green Aventurine, Malachite

Yoga Pose: Sphinx Pose



# Heart Chakra

Anahata - Love, Healing



# Heart Chakra

Anahata - Love, Healing  
Yoga Pose - Sphinx Pose



# Solar Plexus Chakra

Manipura - Wisdom, Power

Location: The Stomach Area

Color: Yellow

Element: Fire

Meaning: Confidence, Self-Esteem

Mantra: Ram

Crystals: Citrine, Calcite, Pyrite, Agate

Yoga Pose: Reverse Plank Pose



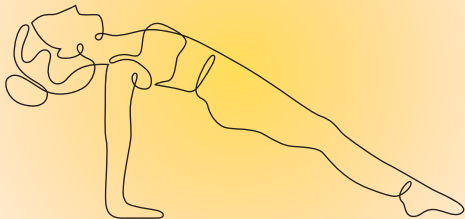
# Solar Plexus Chakra

Manipura - Wisdom, Power



# Solar Plexus Chakra

Manipura - Wisdom, Power  
Yoga Pose - Reverse Plank Pose



# Sacral Chakra

Svadisthana - Sexuality, Creativity

Location: Just below the belly button

Color: Orange

Element: Water

Meaning: Awakens the power of creation

Mantra: Vam

Crystals: Carnelian, Tigers Eye, Sunstone

Yoga Pose: Seated Forward Bend





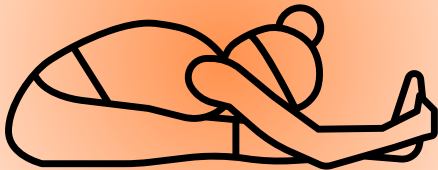
# Sacral Chakra

Svadisthana - Sexuality, Creativity



# Sacral Chakra

Svadisthana - Sexuality, Creativity  
Yoga Pose - Seated Forward Bend



# Root Chakra

Muladhara - Basic, Trust

Location: The Base Of The Spine

Color: Red

Element: Earth

Meaning: Physical Identity, Stability

Mantra: Lam

Crystals: Red Jasper, Carnelian, Garnet

Yoga Pose: Triangle Pose



# Root Chakra

Muladhara - Basic, Trust



# Root Chakra

Muladhara - Basic, Trust  
Yoga Pose - Triangle Pose

