





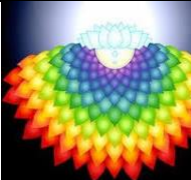


Chakra	Meaning	Location	Mantra	Yantra	Element	Sense	Theme / Characteristics when in balance	Practice Ideas
Muladhara Root	Root Support	Perineum, base of the spine	LAM		Earth	Smell	Stability and security. A sense of belonging. Trusting. Accepting. Grounded and not easily thrown by things around you. Connected with the earth and life energy. Source of kundalini. Potential spiritual energy.	Walking Meditation, Tadasana, Dandasana, Chair Pose, Balances e.g. Tree Pose, Cobblers Pose Subtle Breath Awareness.
Svadhishthana Sacral	Dwelling Place of the Self / In One's Own Abode	Pelvis – below the navel	VAM		Water	Taste	Creativity, sensuality, sexuality. Enjoying the flow of life. Self esteem, empowerment and self awareness. Understanding who you are. Relationships.	Bridge Pose, Goddess Squat, Warrior 2, Wide Leg Forward Bend. Swimming. Creativity: baking, drawing, crochet, writing. Watching the flow of the breath.
Manipura Solar Plexus / Navel	City of Jewels	Between the navel and base of the sternum	RAM		Fire	Sight	Forming identity. Digestion / assimilation of knowledge and experience. Harnessing energy. Well balanced. Transformation. Confident, energised. Ideas into action. Able to adapt and handle situations.	Sun Salutes, Twists: Revolved Triangle, Supine Twist, Ardha Matsyendrasana. Diaphragmatic breathing. Forward Bends.
Anahata Heart	Unstruck	Centre of the chest	YAM		Air	Touch	Compassion, unconditional love. Deep acceptance of others and self. Selfless. Able to give and receive love. Forgiveness.	Backbends e.g. locust pose, camel pose, bridge pose, dancer. Spacious heart centre e.g. gomukasana, Warrior 1. Metta (Loving Kindness) meditation.

Chakra	Meaning	Location	Mantra	Yantra	Element	Sense	Theme / Characteristics when in balance	Practice Ideas to bring awareness
Vishuddha Throat	The Pure Place	Throat	HAM		Ether / Space	Sound	Communication – speaking the truth, knowing when to speak and when to stay silent, wisdom in our speech. Self-expression. Able to listen.	Ujjayi. Bhramari. Chanting / kirtan. Shoulderstand, plough, fish, bridge. Lion Pose, woodchopper.
Ajna Third Eye	Command Centre	Space between the eyebrows – towards the centre of the brain	AUM		Beyond elements	Beyond senses	Self-realisation. Intuition, insight, wisdom. Sixth sense. Open mind. Awareness of higher reality and levels of consciousness. Knowledge of the higher self. Illumination. Mental clarity. Connect with inner wisdom. Healing.	Trataka / candle gazing. Child's Pose. Use of props e.g. janu sirsasana with eyebrow centre resting on brick/bolster. Meditation. Stillness.
Sahasrara Crown	Thousand Petal Lotus	Crown of the head	AUM		Beyond elements	Beyond senses	Samadhi. Spirituality. Enlightenment. Consciousness of divine nature. Unity – connection to the universe. Transformation. Awareness. Peace, serenity.	Hare pose, headstand, Yoga Mudra Pose. Use of props e.g. standing forward bend with crown resting on brick/bolster/chair. Meditation. Stillness