

Yantra Examples: Muladhara (Root) Chakra

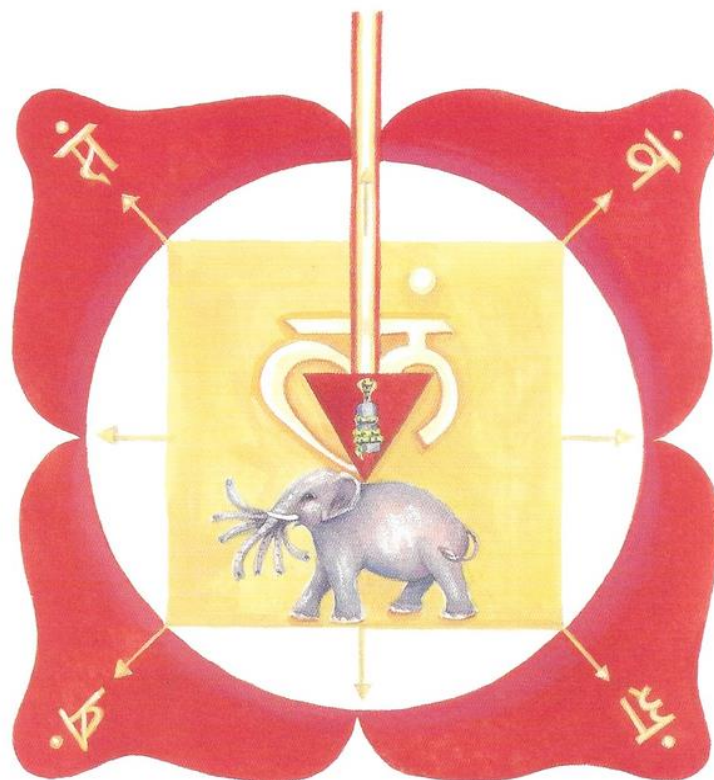
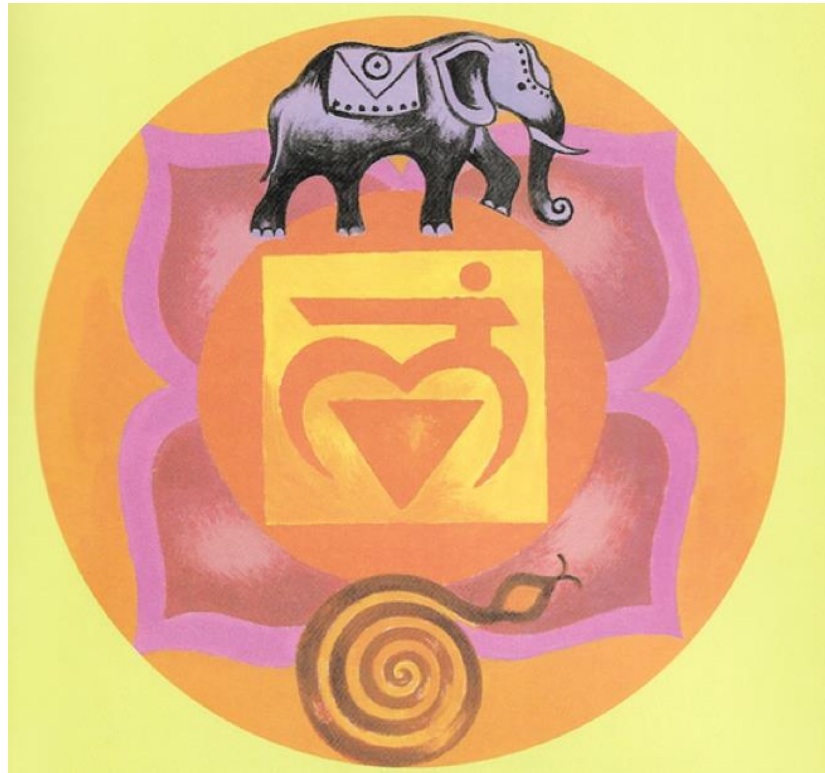


Image credits:

Top: Chakra Meditation – Swami Saradananda

Bottom: The Chakra Workbook – Anna Voigt